



# "Natural beauty starts from within and for me it begins with Swisse"

### **Swisse Ultiboost Hair Skin Nails Range**

Premium quality formulas specifically tailored with a combination of vitamins and minerals to support:

- Glossy Hair
- Radiant Skin
- · Healthy Nails
- Collagen Production
- Healthy Antioxidant Activity

Australia's No.1 Hair Skin Nails Range\*







The Choice of the Melbourne Cup Carnival





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eat smart

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## say it!

What do you think about *Good Health*? We would love to hear from you



#### Top value

I am getting so much out of your December issue it's as if the magazine was written for me! You've addressed so many of the problems that have been dragging me down. Thank you to your team for the great work.

Lynda, via Facebook

#### Read and learn

Flicking through your
December issue, I was very
happy to read 'Is It Time For
A Whine Detox?' I have a few
family members who would
benefit from reading this
story and will be keeping the
magazine for them to read.

Felicity, Vic



Write to Letters to the Editor, GPO Box 4088, Sydney NSW 1028, fax (02) 9126 3713 or email us at health@bauer-media.com.au.



I was travelling on a flight home last year when the lady seated behind me offered me her copy of Good Health to read. I was totally hooked from the first article and have loved each issue of your magazine since then. The knowledge I have gained around my health since then is incredible.

Yvonne, Qld

#### In the swim

Thank you *Good Health* for your selection of swimsuits in the December issue. I have a few body woes and can be overwhelmed when looking for swimmers that offer the right amount coverage without being too daggy. Now I can't wait to hit the stores!

Lena, via email





#### Home remedies

The article 'Kitchen Cures' in your December issue proves that you can help yourself feel better with simple kitchen cupboard items. It was interesting to read about coffee being a potential aid during an asthma attack. The article was very well explained, especially around the dosage and effects.

It's great that there are natural remedies for some ailments, as I'm not keen on taking tablets or medicine.

Karen, via email

#### Merry Christmas to me!



I have just received the greatest Christmas present ever. Each year, my parents give me a magazine subscription as a gift and this year I chose Good Health. I can't believe what I've been missing. I will be camping by my mailbox waiting for the next issue now!

Fiona. via email





# Stronger Bones

Nature's Way Osteo-K

We all know that Calcium is important for bone health, but now exciting research shows that Vitamin K2 is also important for maintaining strong bones, and may help to reduce age related bone loss in post menopausal women.\* Since Calcium requires sufficient levels of Vitamin K2 to properly attach to bones, taking them in combination may provide great benefits.

That's why OSTEO-K includes Vitamin K2 in all their bone-building formulas.

#### OSTEO-K comes in two formulas:

- A straight Vitamin K2 formula, ideal to be taken together with your favourite calcium and;
- An "all in one" combination with Calcium, Vitamin K2 and Vitamin D, three key ingredients for bone health.

So now you can choose the OSTEO-K for you, knowing that you are taking advanced formulas for bone health, with all actives at a therapeutic dose.

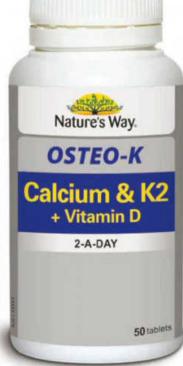
Try taking OSTEO-K today – to help support and maintain your strong, healthy bones.

Now available at:

















Always read the label. Use only as directed. If symptoms persist, see your doctor/healthcare professional. Vitamin supplements should not replace a balanced die

\* Knapen, J et al. (2013) Three-year low-dose menaquinone-7 supplementation heips decrease bone loss in healthy postmenopausal women 24:2499-2507. Study funded by Nattopharma ASA. Kanellaskis, S. (2012) Changes in parameters of bone metabolism in postmenopausal women following a 12-month intervention period using dairy products enriched with calcium, vitamin D, and phylloquinone or menaquinone: The postmenopausal health study II. All authors state no conflict of interest. CHC70307-02/15





#### Can you tell us a little bit about your marriage – what makes it special?

I guess when you have a 'friends with benefits' situation with your hubby, that's always fun! But seriously, I'm not sure what makes it work. I just really enjoy hanging out with Jake – I actually love it and look forward to seeing him every afternoon, even if we are just making dinner together, watching a movie or going for a walk outside near the ocean. I enjoy his company and I think that's important.

### What rejuvenates you?

Being around my pets – my dog Milly and my cat Coco – rejuvenates me. They make me smile and feel so special. They give me unconditional love, and I treat them like my fur babies.

I also love having a lazy Sunday with Jake – sleeping in is bliss. And dinner with my girlfriends also rejuvenates me; laughter is key to feeling good!



"Me and Jake on our first visit to Sesión tequila's blue agave fields and distillery in Mexico. Such an exciting adventure."



"I'm the youngest of four. This is my brother Mike – he was pretty much my bestie. Family means everything to me."



"My favourite holiday destination (the Maldives) with my favourite person. No make-up, no worries. Heaven."

## What's your biggest achievement in life so far?

Despite living in a bit of a crazy world, I feel so connected to my family and friends and I feel grounded – I think that's an achievement. It's hard to feel grounded all the time – people have opinions about you – but when you stay true to yourself none of that can touch you. Beyond that I'm proud of starting my businesses Jbronze, Cozi and Sesión (the tequila brand), and having the respect of my team.

Who inspires you?
My mum. She was
diagnosed with kidney cancer
and had the cancer removed

in a matter of a week! I'm usually a strong person, but in this situation I crumbled. My mum is our family's strength. Since she got sick, my respect and love for her has grown. She is inspiring because she is the ultimate optimist, she's selfless, and she has a beautiful, caring soul.

What values shape your life? I would like to think I'm compassionate, honest and loving. I'm not a pushover in business, though!

How do you handle challenges?

Each situation is different. If it's work I suck it up and move

forward, but with family or friends I crumble a little, or go into strength mode. I try not to sweat the tiny things – when you see what is happening around the world, you realise work issues are minor.

## What is essential to your health?

Sleep, water, vitamin D and exercise! Laughter and affection are also vital. And continuing to learn is really important to me.

Can you tell us something surprising about you?

I may seem confident but I'm not naturally an extrovert. If the attention is on me in social situations I turn bright red!

#### Jen's favourite things



**Make-up:** Jbronze Instant Tanning Cream Wash Off



**Skincare:** Avène Thermal Spring Water Spray



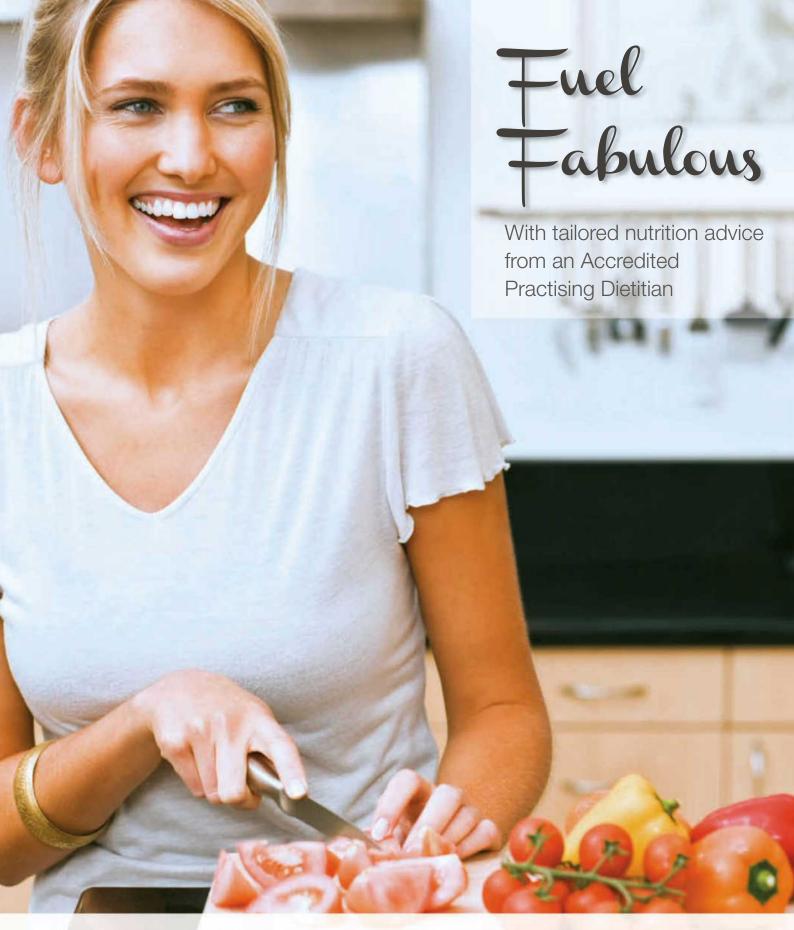
**Fragrance:** Elie Saab



**Book:** *Thrive* by Arianna Huffington



Gadget: MacBook laptop •



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APDs are the only nutrition professionals recognised by the Australian Government and Medicare. Talk to an APD for expert nutrition advice to help you feel fabulous.

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#### **Exercise for at least 150** minutes a week

It's the minimum amount recommended to help improve your health, and when you stick to the plan, your partner is 70 per cent more likely to hit that exercise target too.

#### Be optimistic

When you adopt an optimistic outlook on life your own heart health improves and your partner's risk of chronic disease falls. It's due to the impact this attitude has on influencing your partner's lifestyle choices, say US researchers.

#### Commit to making a healthy change together

You'll both be more likely to make it work. Example? Among people who smoked, one in two quit if their partner gave up at the same time compared to just eight per cent of those whose partners smoked but didn't try to quit.

#### Make a habit of checking each other's skin

Not only will you find any skin cancers earlier than you would when you rely on self-checks, you'll also perform the checks more regularly.

#### Be emotionally supportive of each other

One in three of us says we have that kind of relationship so the support we get from and give to our partner is always helpful, and that's good news for your arterial health. As a couple, your coronary artery calcification levels will be lower, which reduces your risk of heart disease.

## 🔁 health now.

### FACE VALUE

Make the effort to catch up with family and friends in person rather than relying on phone calls, text messages and emails. Your mental health will thank you once you're over the age of 50.

People who have very few face-to-face catch-ups with loved ones are almost twice as likely to develop depression as they age, say US scientists.





THAT'S THE NUMBER
OF CANCERS
THAT COULD BE
PREVENTED EACH
YEAR IN AUSTRALIA
WITH A HANDFUL
OF LIFESTYLE
CHANGES.

The following five are the most important:

- \* If you smoke, stop. \* Be sun-smart.
- \* Maintain a healthy body weight.
- \* If you drink alcohol, don't drink more than two standard drinks on any day.
- \* Eat a healthy diet (plenty of fruit, vegetables and wholegrains). Eat other foods in moderation.

30%

That's how much your risk of heart attack falls if you have one or two beers a week compared to women who don't drink alcohol at all or who drink beer every day.



**Instant Pecal** Next time you're trying to learn something and want it to stick in your memory, recite it out loud to someone. You'll have significantly superior recall skills compared to when you simply repeat the information in your head or aloud on your own.



STRESS RELIEF TACTIC

VOLUNTEER TO DO THE WASHING UP.
AS LONG AS YOU ENGAGE IN 'MINDFUL
DISHWASHING', SO THAT YOU FOCUS
ON THE TASK BY PAYING ATTENTION
TO THINGS LIKE THE SMELL OF THE
DISHWASHING LIQUID AND THE
WARMTH OF THE WATER, YOUR STRESS
LEVELS WILL FALL BY 27 PER CENT.



DEDICATED TO PERFECTION

## 🔁 health now.



### **Hot topic**

There's good news for the 75 per cent of women who experience hot flushes during menopause: it means your risk of developing the two most common forms of breast cancer falls by up to 50 per cent.



#### DID YOU KNOW?

One in two of us admit we wouldn't bother getting our eyes tested, even if our GP recommended it. Have your eyes tested at least once every two years because 75 per cent of vision loss is preventable or treatable if it's caught early.





The 2 Minute
Marriage Project
by Heidi Poelman

(Exisle, \$24.99).

Poelman believes she knows the secret to keeping the love alive in a marriage. It's the little, everyday things couples do and say that can make a huge difference to the relationship. This book can help you brush up on your intimacy skills.

Healthy Brain, Happy Life by Dr Wendy Suzuki (William Heinemann, \$34.99). Want to know how to

make your brain work harder and smarter? Using personal experience and the latest research, neuroscientist Dr Suzuki explains why looking after your body is good for your brain, and shows easy ways to activate your mind. I Power by George Dieter (Exisle, \$24.99). If you're looking for happiness and fulfilment from your work or relationships, you're looking in the wrong place. Dieter provides the tools you need to handle difficult situations at work and home, deal with mental health issues, and learn to find contentment from within.

40 MINUTES

That's how long your internal clock is delayed by when you drink a cup of coffee close to bedtime. It explains why caffeine makes falling asleep harder (the delay means melatonin, the 'sleep hormone', is released much later) but also makes waking up on time in the morning more difficult.

Make it work:

Avoid caffeine for at least three hours before bedtime.

Make a stand Invest in a sit-stand desk at the office and you'll shave at least one hour off your daily 'sitting time'. But if you can't: fidget more whenever you're sitting down. That can help to counteract the negative impact sitting has on your health, say UK researchers.



## Caring for your baby should begin before you know it's there

The first 6-8 weeks after conception are critical for a baby's development including growth of its vital organs. Yet most women don't know they are pregnant until after their baby starts to grow and develop.

It can take time to build the higher level of nutrients your body will need to support you and your growing baby. So it's important to start taking Elevit at least a month before you start trying to fall pregnant.

Elevit contains essential nutrients for baby's healthy development including folic acid, iron and iodine. Folic acid is clinically proven to reduce the risk of neural tube defects like spina bifida. Iron helps prevent dietary iron deficiency and iodine is important for your baby's brain development.

Visit www.elevit.com.au for lots of helpful information and online tools designed to help you all the way through pregnancy.



Available in Pharmacy







The Speedo Flow Long Sleeve Sun Top, \$80, is chlorine resistant to prevent fading and keeps you covered in the sun.



Lululemon's Sweat 2 Swim Air Shorts, \$65, are made from quickdrying fabric and can be worn when running or swimming.



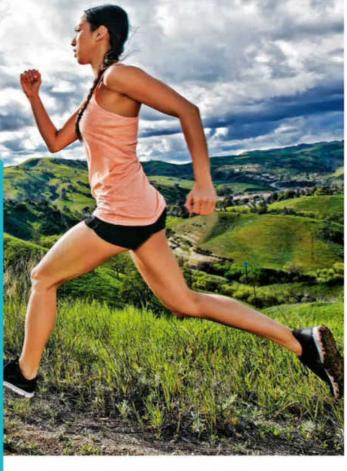
## HOW THE PROS STAY MOTIVATED

Three athletes reveal the tricks that get them to the gym.

- "Laying my clothes out and having my bag packed the night before is a must. This ensures that when my alarm goes off in the morning I'm ready to go and have one less excuse to skip a workout." Madison Robinson, netballer
- <sup>©</sup> "I rely on a written schedule to motivate myself and make the time to exercise. Every Sunday I plan the week ahead and include my daily training in red pen. I stick this to my pinboard where I can see it." Grace Musgrove, triathlete
- "I exercise with a buddy. I hate training on my own and am more likely to sleep in or talk myself out of it if I'm alone. But I would never stand a friend up, especially if it's an early

Caitlin Bassett, netballer

morning session."



#### **Outdoor fitness friend**

The Mountain Athletics app, designed by The North Face, features six-week training programs tailored to your chosen outdoor sport including running, climbing and skiing. Improve your technique and form and watch instructional videos from fitness experts. Free from iTunes.

#### **BOOST YOUR BURN**

Got 30 minutes to spare? You could burn this many kilojoules on these exercise machines...

- Stair climber = 933kJ
- ♦ Elliptical trainer = 1406kJ
- Stationary bike, moderate intensity = 1088kJ
- Rowing machine, moderate intensity = 1088kJ





#### **DO YOU HAVE ASTHMA?**

EXERCISE FOR EVERY DAY FOR HALF AN HOUR. ASTHMATICS WHO DO THIS ARE ABOUT TWO-AND-A-HALF TIMES MORE LIKELY TO HAVE GOOD CONTROL OVER THEIR SYMPTOMS.

## Dear hot flushes, It's time to say goodbye...





If you're tired of the symptoms of menopause bringing you down, you're not alone. Taken daily, Harmony Menopause or Menopause Max contain herbs traditionally used to help relieve hot flushes, night sweats, irritability, muscle aches, and sleeplessness. They're multi herb to help with multiple symptoms. Available at your pharmacy or health food store.

Take a positive step, Take  $Hamqny^{\circ}$ 

takeharmony.com

**YOUR PERFECT** 

BREAKFAST MATCH

Get what you need out of your day with dietitian Leigh Reeve's breakfast combos.

#### ◆ To ward off midmorning hunger:

Combine rolled oats, milk and Greek yoghurt, place dried figs on top and refrigerate overnight. The soluble fibre from the oats and figs increases satiety and the protein-rich yoghurt will also keep you feeling full.

#### **◆** To improve digestion:

Barley, wheat bran and oat-based cereals are high in fibre and naturally rich in prebiotics, which protect the good bacteria in your gut and your bowel health. Eat them with probiotic-rich yoghurt to balance your digestive system.

#### ♦ To fuel your workout:

Wholegrain breakfast biscuits and a banana or stone fruit with milk provide the nutrients you need for energy and optimal muscle function, including carbohydrates and minerals such as calcium, magnesium, sodium and potassium.



When digested, dried plums,
AKA prunes, help retain
beneficial gut bacteria in
your colon and enting them
may protect you from
developing colon cancer.
says new research.



#### DO YOU SNACK WHEN YOU'RE NOT HUNGRY?

Your habit could put you at risk of weight gain.

It's not just super-sized portions and high-kilojoule foods that add extra kilos – eating too often when you don't feel hungry can also lead to higher BMIs, say experts.



That's how much weight you could lose in 12 weeks just by drinking 500ml of water half an hour before eating each of your three main meals, shows a study in the journal *Obesity*.





Create a hearthealthy eating plan with *The* 

Mediterranean Diet Cookbook by Dr Catherine Itsiopoulos (Macmillan, \$34.99).



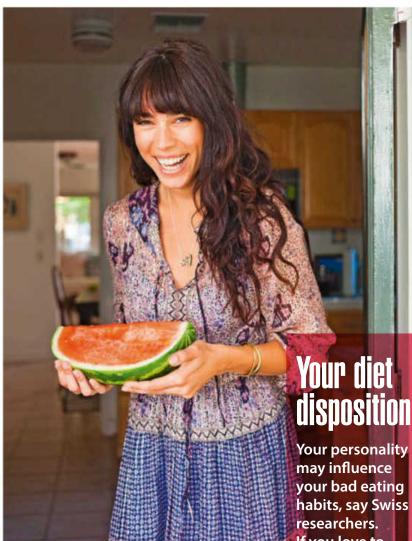
Manage food intolerance symptoms and IBS with *The* 

Two-Step Low-FODMAP Diet and Recipe Book by Dr Sue Shepherd (Macmillan, \$34.99).



Improve your cholesterol and cardiovascular health

with The Baker IDI Healthy Cholesterol Diet and Lifestyle Plan (Penguin, \$35).



## Super-quick SUPERFOODS

Boost your nutrient intake by adding these superfood mixes to your cooking, smoothies and healthy snacks.



● Power Super Foods SuperBlast: Antioxidant, \$24.95 for 100g. ② Bioglan SuperFoods MultiGreens, \$54.95 for 250g. ③ IsoWhey Whole Foods Organic Mixed Greens with Matcha, \$22.95 for 150g.



kilojoule foods.



## HIGH GI = LOW MOOD

A diet high in refined carbohydrates such as white bread, white rice and baked treats may increase your risk of depression. These high-GI foods raise your blood sugar levels after you've caten them, which can cause or intensify mood changes and fatigue.



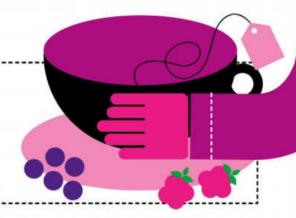
#### Size is a sensitive issue

If you're overweight and aware of your size, you're likely to gain more weight than those who don't realise they're too heavy. Research shows people who identify as overweight struggle more with their body image and overeat due to stress, which can hurt their chances of achieving a healthy weight.

#### NEWSFLASH --

Blueberry tea could one day be used to treat type 2 diabetes and reduce diabetics' reliance on insulin injections.

Australian scientists say drinking herbal tea made with blueberries, raspberries, spearmint and cinnamon stimulates blood flow and can lower blood sugar levels.



#### DIGITAL DEBATE

Is our social media and smartphone addiction helpful or harmful? We look at the pros and cons.

#### FOR:

#### It clears mental clutter.

Saving files onto a device where you can access them later frees up your memory and helps you learn and retain new information, a study shows.

• It helps you absorb more information. Sharing news stories on social media promotes discussion and boosts your engagement more than if you casually read the news and move on.

#### **AGAINST:**

#### lt weakens your focus.

If you receive a notification on your mobile while doing a task requiring focus, your performance is likely to suffer, even if you ignore the message and don't respond, says a new study.

• It impairs your problemsolving skills. Relying on Google instead of figuring out answers for yourself may weaken your analytic thinking, research shows.



### WHAT'S THE IDEAL AGE TO GET MARRIED?

Your late 20s. By this time of your life you'll have a greater sense of self and financial stability, which can lead to a better marriage. Couples who tie the knot in their early 20s are most likely to divorce, but the risk declines with age until you hit your early 30s. If you wait any longer the likelihood of divorce rises again, new research shows.



#### Teen spirit

**Good news for parents** of teenagers - your child is probably much happier than you think. A group of 15- and 16-year-olds who took part in a UK study rated their happiness as eight out of 10 but their parents guessed it to be much lower. **Confusing your own** emotions with your teen's may cause you to underestimate your child's level of joy.

### Take a better work break

The best time to have a break at work is midmorning. Taking respite earlier in the day replenishes your energy, concentration and motivation. Enjoying short frequent breaks rather than one extended lunch hour not only recharges your batteries, it can improve your job satisfaction.

### Time heals



WHEN YOU'RE OVERCOME BY EMOTIONAL PAIN, THINKING ABOUT HOW THESE FEELINGS WILL EVENTUALLY FADE COULD MAKE YOU FEEL BETTER. EXPERTS SAY LOOKING TO THE DISTANT FUTURE CAN HELP YOU DEAL WITH RECENT DISTRESSING EVENTS. TO SHIFT YOUR PERSPECTIVE, ASK YOURSELF HOW YOU'LL FEEL ABOUT THIS IN A YEAR.



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In an effort to provide the best possible relief for mild arthritis, we've combined 3 of the hottest joint health actives available.

We started with Krill Oil to help reduce joint pain, inflammation and stiffness.

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If you suffer from joint pain, it's worth trying new Osteo Flex.



















SACHAJUAN

SACHAJUAN

Shampoo, \$37, and

Conditioner, \$37.

#### **FRAGRANCE FIND**

The perfect size for your purse, **Dyptique's** The 34 Collection Essences Insensées Solid Perfume, \$72. delivers a strong hit of jasmine thanks to the thousand flowers used to make this luxurious scent. It's also available in liquid form.





#### MIX 'N' MATCH

No matter what make-up look you're after – smokey, subtle, sultry – **Bobbi Brown's Deluxe Eye & Cheek** Palette, \$130, has it covered. Boasting eight wearable eyeshadow shades and two tones of blush, it's your go-to for on-the-go beauty essentials.



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## mind&body

your ultimate guide to health and vitality









The beginning of a new year is the ideal time to give your lifestyle an overhaul. So we've come up with some easy New Year's resolutions we think you'll love. They're fun to do and could potentially make a huge difference to your health.

#### TAKE UP PING-PONG

This could just be one of the more fun ways to take care of your brain health! A Japanese study comparing the mental ability of table tennis players with non-players found the players are more mentally agile, even in older age - which means it could prevent or delay senile dementia. Dr Wendy Suzuki, professor of neuroscience and psychology at New York University, points out that ping-pong enhances the parts of the brain responsible for movement, fine motor skills and strategy.

## 2 WALK BEFORE BEDTIME

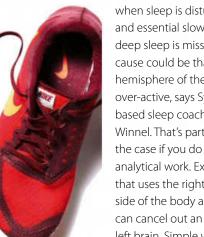
Around 70 per cent of us suffer partial sleep deprivation at some point, when sleep is disturbed and essential slow-wave deep sleep is missed. One cause could be that the left hemisphere of the brain is over-active, says Sydneybased sleep coach Elina Winnel. That's particularly the case if you do a lot of analytical work. Exercise that uses the right and left side of the body alternately can cancel out an over-active left brain. Simple walking is a great choice.

DECLUTTER Start the year by clearing the decks - it will make way for calm and help you achieve your goals. A swathe of international research has concluded that decluttering your work and living spaces helps your brain focus, increases productivity and creativity and decreases stress. Deal with one space at a time, and if you need help there are experts who can help – find a professional organiser at aapo.org.au.

## 4 EAT A PIECE OF APPLE BEFORE GROCERY SHOPPING

According to research from Cornell University in the US, shoppers who ate a healthy snack before entering the supermarket bought 28 per cent more fruit and vegetables than those given a cookie or nothing to eat. It appears eating a small healthy snack put the shoppers into a healthier mindset, which led to better food choices.







## 5 BUY AN ADULT COLOURING-IN BOOK

It's been well established that mindfulness meditation is great for us but another lovely way of stilling the mind is to invest in an adult colouring-in book, particularly recommended for anyone needing calming relief from stress and anxiety.

"When you colour in, you're focusing on what you can see, the sound of the pencil, the colours and shapes, and the focus is away from the mind," explains Sydney-based psychologist Louise Adams.



## LEARN A

MANTRA

Made a mistake? Has someone upset you? Repeat these four powerful words: 'So what! Now what?' says psychotherapist Laurie Morrison from barehands.com.au.

response and reduced

pain and inflammation.

The beneficial electrons

on the earth's surface

appear to neutralise

damaging free radicals.

Try walking barefoot for

30-40 minutes a day to

enjoy a health boost.

"Draw a line under the past and look to the future. Who you were yesterday is in the past. Think about what you want to be now."

#### 8 DANCE AWAY FROM A DESK

If you're doing a great workout but then sitting on your bottom all day, you could still be at risk of heart disease, diabetes, high cholesterol, raised triglycerides (which can lead to fatty liver) and more tummy fat. A study published in the European Heart Journal found the more active breaks you take, even if it's only for a minute, the better it is for your heart and waistline. Get up every hour and dance, skip or run up a flight of stairs to chat to a colleague rather than emailing them.

#### 9MAKE EXERCISE EASY

Every time you sit, stand up again. Repeat up to five times without using your arms for support. By the end of the day you'll have done about 50 squats, says Melbourne osteopath Claire Richardson. Another easy move to improve your balance is to stand on one leg while brushing your teeth. Swap legs after 60 seconds.

#### 10 PUT A SPRING IN YOUR STEP

We know our mood affects how we walk – think how often you have slumped shoulders if you're sad and a spring in your step if you're happy. Now researchers have shown it works if you do it consciously, and you can change your mood if you change your walking attitude. The Canadian study found that subjects encouraged to walk with a slump experienced sad moods, while those who

bounced along with heads held high were much happier. An added bonus – bouncing also uses more kilojoules.

### EAT FOR HAPPINESS

A wholefood diet with plenty of fruit, vegetables, lean meats and fish isn't only good for the body, it could help reduce depression. A study by Associate Professor Felice Jacka, president of the International Society for Nutritional Psychiatry Research, examined the influence of diet on depression in a large group of Australian women. She found that, after taking all other issues into account including exercise levels and postcode, women who ate a processed food diet were 50 per cent more likely to have a depressive disorder than those who ate a high-quality wholefood one.

"Diet matters to depression," insists Associate Professor Jacka. The best diet for happiness: a Mediterranean diet with a handful of nuts each day.

## 12 MIX UP YOUR WATER WORKOUTS

"Swimming is great but it focuses on being streamlined," says trainer Marietta Mehanni. "There are lots of alternative exercises that will use more energy, get you fit faster and are potentially more fun. Try adding a 10-minute agua workout to the end of your laps – stand upright and kick your legs up and behind you as fast as possible." Alternatively join a class such as agua exercise or Gymstick Aqua, or try deep water running. They're all great for those recovering from or wanting to prevent

injuries and anyone who's a

bit overweight. It's also a

smart way to work out on

those hot summer days.



#### 13 SET A HEALTHY MEDIA DIET

Spending too much time on social media has been found to raise anxiety levels, affect sleep and cause behavioural issues. To regain control download the *Moment* app (free from iTunes), which monitors the time spent on phones and tablets, allows you to set limits and alerts you when you've reached them.

#### 14 CHEW FOOD 40 TIMES

You've heard that eating slowly and mindfully can help with weight loss but now science has proven it. Research shows that chewing each mouthful 40 times, instead of the average 15, can lead you to eat 12 per cent less food, says Sydney nutritionist Lyndi Polivnick. It's been suggested that it lowers the amount of the circulating hunger hormone ghrelin in our digestive system. Extra chewing also releases nutrients from the food more efficiently so there's a double bonus. •





## Sleep is vital for good mood, weight loss and looking healthy. So what happens when you don't get enough? Helen Foster finds out

ou thought not getting enough sleep only really depleted your energy, and maybe put you in a bit of a bad mood. In fact, a flurry of recent studies have found sleep deprivation can affect you in a whole host of ways. Here are six of the latest things to watch out for.

### YOUR APPETITE GOES HAYWIRE

You've probably noticed that if you're tired you get the munchies, and two new studies have explained why. First, a team at the University of Chicago found that insufficient sleep raises levels of a molecule called 2-AG in the body that stimulates appetite. On top of that, the second study found that when you're sleep deprived parts of your brain that control food choices behave differently. Activity in areas that help you make good decisions is blunted, while areas that give a feeling of reward from food ramp up their activity.

**Defeat the damage:** "Forewarned is forearmed," says Kate Swann, psychologist and author of *Do You Really Want to Lose* 

Weight?. "Try and spot the eating patterns you fall into when you're tired and beat them. If, for example, you know you reach for sugar at 3pm, have a healthy snack at 2.30pm instead. Also, address your reasoning. Yes, you're tired and need a pick-me-up – but does it have to be food? Could you get a boost from a walk around the block instead?"

### IT INTERFERES WITH YOUR SKIN

"Our study is the first to conclusively demonstrate that inadequate sleep is correlated with reduced skin health and accelerated ageing," says Dr Elma Baron from University Hospitals Case Medical Center in the US. In fact, she found that the skin of poor sleepers not only had more signs of ageing, it also didn't recover as quickly from damage from UV light and lost moisture faster than normal. It's not known exactly why this occurs, but skincare company Estée Lauder (which funded Dr Baron's research) explains that the skin performs a purification process at night called catabolism which helps with

skin repair. If sleep is disrupted this process doesn't happen as effectively.

**Defeat the damage:** Be extra vigilant with your SPF but also increase your consumption of foods like pomegranate, garlic and green tea – they have all been shown to protect against UV damage from within.

### YOU'RE MORE LIKELY TO FIGHT WITH YOUR PARTNER

Even just one night of poor sleep can lead to arguments between loved ones – and those rows are likely to be more fierce than normal, say researchers at the University of California, Berkeley. They found that tiredness impairs your ability to gauge emotions, making it more likely someone will take offence for no reason.

**Defeat the damage:** Try not to argue when you're tired. But if an argument does start, relationship psychologist John Aiken suggests you avoid phrases that start with 'you always' or 'you never', as these often cause rows to blow up and spiral. "It can also be tempting to slip into personal attacks, for example, 'you're lazy' or 'you're selfish', but don't. Keep focusing only on what you can do to resolve the situation and remain calm."

### IT CHANGES HOW YOU LOOK

The more tired you are, the more it shows on your face. Dr Tina Sundelin from Sweden's Stockholm University found that fatigued people looked paler, had more pronounced wrinkles and the corners of their mouth drooped down. Not only does this sap confidence, it might even influence how well others treat you. "Studies on health perception are rudimentary but suggest people might want to avoid interaction with those who don't look healthy," she says.

**Defeat the damage:** Increase your fruit and vegetable intake by at least two portions a day. According to research from Scotland's University of St Andrews, doing so gives your skin a noticeably healthier glow in just six weeks − and it's believed higher doses may get even faster results. ▶





#### YOUR BRAIN GETS CLUTTERED

It's recently been discovered that during sleep your brain gets a detox. As you doze brain cells shrink in size by 60 per cent, creating space between them through which the body can detox harmful products like beta-amyloid, a substance linked to the development of Alzheimer's disease. The less you sleep the less time the brain has to 'cleanse' – studies at John Hopkins Bloomberg School of Public Health in the US recently found that short sleep duration was linked to a greater level of beta-amyloid build-up in the brain.

**Defeat the damage:** "Last year we showed that the Mediterranean diet, rich in fruit, vegetables and fish, low in saturated fat and moderate in alcohol, correlates with reduced beta-amyloid build-up in the brain," says Professor Ralph Martins from Edith Cowan University in WA. "The curry spice curcumin and pomegranate juice also inhibit build-up – but possibly the best medicine to reduce beta-amyloid levels in the brain is exercise." Even if you're tired try and get out for a brisk walk.

### **YOU WORRY MORE**

Researchers at the University of California, Berkeley have discovered that when we're tired the part of our brain that amplifies worry and anxiety is more active. The effect is so pronounced that the doctors behind the trial say people with anxiety disorders who don't sleep well should be having sleep therapy as part of their treatment.

Defeat the damage: "To stop worry taking over on tired days, create a worry period," says Sydney-based psychologist Amrit Grewal. "This is a set period of time in the day when you will tackle your worries. When worries occur, simply tell your brain you'll address them at this time and let them pass. When you do get to the worry period, first ask if your 'what if' thoughts are realistic. Are they likely to eventuate and how bad, realistically, will they be if they do? Most often you'll realise you're worrying about things that may never happen. If you don't though, turn your focus to action. Are there any concrete plans you can put into place to remedy the situation?"

### New ways to sleep better

Obviously the best way to tackle all of these issues is to try and get more sleep – and science is hoping to help there too. Here are four new ideas...

WORK: People who get more natural daylight throughout their day – even through glass – sleep better at night, say researchers at Northwestern University in Chicago.

2 DO NOTHING: British sleep specialist Dr Guy Meadows' approach to poor sleep is revolutionary – using techniques like mindfulness, he teaches people

how to do nothing to get to sleep!
"It's what good sleepers already do
– and what you did before insomnia
took hold," he says.

another reason to quit. New research has found smoking interferes with the production of proteins that control your body clock. Quitting can help normalise your sleep patterns.



PLACEBO SLEEP: Don't focus on how much sleep you missed, instead focus on the time you did sleep and tell your brain that you got enough to feel okay. When researchers at Colorado College in the US did this in a trial, people immediately performed better on tests of memory and information processing.

# Keep your nose clean and clear every day





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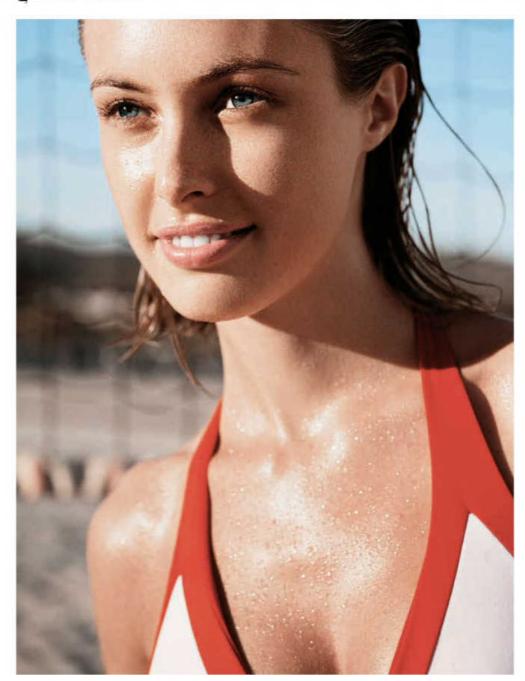
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# SWEAT: the facts

IT'S NATURAL TO PERSPIRE, BUT WHAT CAN YOU DO IF SWEAT BECOMES AN ISSUE? BY HELEN FOSTER

weating naturally occurs when our body temperature starts to rise. Normally, it's a good thing – sweat cools us down, it spreads germ-killing substances across our skin, and it can even help us find the partner of our dreams, because we're attracted to someone partly because of pheromones, a substance produced in sweat.

But occasionally sweat becomes a problem. Sometimes we produce too much, a condition called hyperhidrosis, or it starts to smell unpleasant, which is medically known as bromhidrosis.

# **BODY ODOUR**

A little bit of odour from sweat is normal. "It's only considered an issue if it is affecting someone's quality of life or if the smell is particularly overpowering," says Brisbanebased GP, Dr Eshini Perera.

Whether or not you develop odour is dependent on the type of bacteria in your armpits. Certain bugs have the ability to break down fats within sweat to create odour. And how much of each microbiota you have determines how much your sweat smells, says Dr Chris Callewaert, who researches bromhidrosis at Ghent University in Belgium.

Tackling body odour is therefore a matter of reducing bacteria under your arms and/or reducing the sweat it feeds upon.

# ANTIPERSPIRANT VS DEODORANTS

Both of these aim to reduce body odour but they work in different ways. Antiperspirants block the sweat glands, reducing the amount of sweat produced, while deodorants contain antimicrobials that act on odour-causing bacteria.

If you suffer from noticeable body odour, stick to deodorant. Antiperspirant changes the balance of bacteria in the armpits, which means you can end up with more of an odour-causing bacteria called corynebacteria. But this doesn't usually happen when people use deodorants, says Dr Callewaert.

The active ingredients in antiperspirants are aluminium salts. The higher the concentration, the more effective the product. Some of the products with the highest concentration include Driclor, Rexona and Mitchum Clinical.

# WATCH YOUR CLOTHING

The bacteria that cause odour don't just live on skin, they can also start to grow on clothing – a type called micrococcus particularly likes polyester fabrics. Washing at high temperatures can help, as can drying the clothes outside. "Oxygen and UV light help kill off the bacteria," says Dr Callewaert.

If you try both these tricks though and still get odour, the bacteria has taken hold in your garment and you will never get rid of the smell.

# 3 STEPS TO REDUCE ODOUR

- **\*Wear cotton:** It generally doesn't support odour-causing bacteria.
- **\*Shave your armpits:** The odd bit of regrowth doesn't matter, but hair that's grown for more than six weeks does attract more odour.
- **\*Use soap:** It reduces the bacterial load and the lipids on the skin upon which the bacteria feed.



## WHEN YOU SWEAT TOO MUCH

Hyperhidrosis is a condition where someone produces more sweat than is needed to cool the body. Even in an air-conditioned room someone with hyperhidrosis may still perspire.

Sometimes excessive sweating can be a sign of approaching menopause or another health concern like diabetes, and if it occurs at night or is also associated with problems like nausea, vomiting or weight loss, it should be checked out. But often sweating is not related to anything medical, and this is known as primary hyperhidrosis.

"It affects about one in 40 people in the population and it often runs in families," says Professor Karl Ng from Sydney North Neurology & Neurophysiology. "What causes it isn't completely known but it may be an excessive activation of the nervous system."

With this problem, sufferers normally develop symptoms before they are 25 and they might sweat from the underarms, palms of the hands, soles of the feet and sometimes the face.

### WHAT HELPS

The first approach should be using an effective antiperspirant, however this might worsen bad body odour.

"Antiperspirant works by forming a plug in the sweat gland," says Dr Perera. It should be applied at night when we sweat less and the active ingredients can enter the ducts more effectively.

If antiperspirants are not helping, another option for excessive underarm sweating is injections of botulinum toxin (Botox) or a similar product. This stops the production of the chemical that triggers the glands to produce sweat.

"Botulinum injections are now available under

government subsidy as part of the Pharmaceutical Benefits Scheme," says Professor Ng. Find a registered practitioner at sweatdoctors.com.au.

The newest treatment option is called miraDry. This uses heat to actively destroy the sweat glands under the arm. The results are then permanent. Find out more at miradry.com.au.

If your problem affects your hands or feet, you can try specialist topical antiperspirants to stop sweating in these areas, Botox, or a treatment called iontophoresis which uses a mild electrical current to block the sweat glands.

All the methods have pros and cons so Professor Ng recommends consulting a specialist to help you find the best solution.

### **FASCINATING FACTS**

- In the future we may perform bacteria transplants on those with severe body odour, reducing levels of odour-causing bugs on the skin.
- You can get odour in one armpit and not the other, depending on which bacteria live there.
- Two per cent of the population carry a gene that means they will never produce any underarm odour.





or most of us alcohol is part of every celebration and major event in our lives, as well as a stress-relief strategy, but are we really making an informed decision every time we imbibe? We asked some of Australia's most respected health experts what they wish you knew about drinking.

# TOO MUCH ALCOHOL SHRINKS YOUR BRAIN

You don't have to drink every day to put yourself at risk for brain shrinkage that starts as subtle memory loss, leading over years to early-onset dementia. Three or four drinks most days or bingeing a couple of times a week is enough to cause irreversible damage. The damage is small at first but it slowly accumulates over years. There is some evidence that a small glass of red wine daily could benefit brain health but the benefit is not profound and most people do not stop at one small glass. My advice would be that it's much better to steer clear of drinking. This is a serious issue – a person who wants to live a long and healthy life needs to have the strength to resist drinking too much.

\* Dr Bryce Vissel, neuroscientist and head of the Neurodegeneration Research Laboratory at Sydney's Garvan Institute of Medical Research

# 2 ALCOHOL INCREASES RISK FOR BREAST CANCER

Alcohol consumption is a known cause of cancer but unfortunately awareness is very low – only about half of all Australians know that drinking causes cancer. These include cancers of the mouth and throat, which have a lower survival rate and tend to leave survivors debilitated. If you smoke as well as drink your risk is much greater than either of those two risk factors alone

Alcohol can also cause oesophagus, liver, bowel and breast cancers. For women, alcohol consumption is one of the very few changeable risk factors for breast cancer. Even small amounts of alcohol increase your risk but if you do choose to drink, our advice is to stay within the official guidelines of no more than two standard drinks per day.

\* Kathy Chapman, dietitian and Director of Cancer Programs at Cancer Council Australia



# YOUR LIVER IS AN INCREDIBLY STURDY ORGAN – AS LONG AS YOU TREAT IT WELL

Excessive drinking can lead to fatty liver disease, scarring (cirrhosis), and death. And if you have an underlying liver injury, such as viral hepatitis or fatty liver, the risk of liver failure is increased. The problem is, many people are unaware of early-stage liver injury because most symptoms don't occur until late, often when it is too late to heal a scarred liver.

Women are increasingly drinking at the same levels as men and because of differences in body size and liver metabolism, they're at an increased risk of getting and dying from liver injuries such as alcoholic hepatitis or cirrhosis. We're seeing women in their 30s diagnosed with cirrhosis and liver failure. Most people start drinking thinking they are in control, but for many there is progressive alcohol abuse, leading to liver damage. Yet many people refuse to recognise that they have a problem.

But in the absence of cirrhosis, most of the liver's function recovers as soon as you stop drinking.

★ Dr Paul Clark, hepatologist and board member of The

Australian Liver Foundation ▶



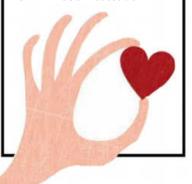
### ALCOHOL IS NOT THAT GOOD FOR YOUR HEART

There is some evidence that a small amount of alcohol isn't bad for your cardiovascular health, but that's a long way from saying it's actually good for your heart. The social nature and enjoyment of moderate drinking does have other health benefits, but drinking too much or binge drinking increases your risk of cardiovascular death and stroke.

Women are at higher risk for alcohol-related cardiovascular disease than men because they are generally smaller and have a different body composition. Alcohol adds to your total kilojoule intake no matter what you mix it with or whether or not you choose 'low-carb' drinks. It also increases blood pressure and triglyceride levels, all known factors in coronary artery disease.

The immediate heart-related effects of binge drinking, which include chest pain, irregular heartbeat and shortness of breath, are reversible if you stop drinking but not many people are aware that continued heavy drinking can lead to a condition called alcoholic cardiomyopathy, characterised by serious damage to the heart muscle.

\* Dr Andrew Rochford, emergency doctor and DrinkWise ambassador





### IF YOU WOULDN'T GIVE WINE TO A BABY, DON'T DRINK DURING PREGNANCY

When you drink during pregnancy, so does your baby. There's no safe level of drinking if you're having a baby. Alcohol can disrupt brain development in an unborn child and may lead to learning and behavioural problems due to irreversible brain damage. Foetal alcohol spectrum disorders are potentially 100 per cent preventable but are still prevalent in Australia. Because

some women aren't immediately aware they're pregnant they may continue to drink in the early weeks, so the best approach is to avoid drinking if there's any chance you might become pregnant.

We encourage expectant fathers to avoid alcohol too, because research shows a partner's drinking is a big determinant in helping women to remain alcohol-free.

\* Professor Elizabeth Elliott, consultant paediatrician at the Children's Hospital at Westmead and child health advocate

# YOU COULD BE AT RISK, EVEN IF YOU'RE NOT AN ALCOHOLIC

It's easy to see alcohol as just another consumer product when actually it's a drug. It affects your mood, relationships and physical health. We've seen an increase in the normalisation of alcohol consumption over recent years. Today it's much more socially acceptable to drink at any occasion, even at brunch get-togethers, kids' sporting events and school fetes. Despite popular belief, most of the harms of drinking aren't about teenagers or 'alcoholics' but occur in the over-40s who are more likely to drink every day and simply consume too much alcohol.

It's important to be aware of why you're drinking, when you're drinking and how much you're drinking. Accept feedback from family and friends, be mindful about your drinking habits and ask for help if you need it.

\* Professor Dan Lubman, psychiatrist and director of Turning Point Alcohol & Drug Centre •



# Losing weight? Lose the sugar

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This is really important, because although other brands take out fats, they still contain a high amount of sugar, which can be converted into stored body fat, making weightloss more difficult. If you're trying to lose weight, don't take a high sugar shake.





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# MOTHER'S HEALTH reveals about your own

Want to know how healthy you'll be in the future? You might want to start by checking out what your mum's health-report card looks like, says Karen Fittall

# TAKE ACTION IF YOUR MUM:

# Has been diagnosed with glaucoma

It means you're 10 times more likely than the average Australian to get it yourself. That's because in most cases, glaucoma – which is the leading cause of blindness worldwide – is genetic. In 2014, six different genetic variants that bump up the glaucoma risk in families were identified.

# TO FIGHT IT:

Eat plenty of carrots – and consider getting a dog. While your risk of glaucoma falls by 64 per cent if you eat two serves of carrots a week, dog owners are 20 per cent less likely to develop glaucoma, thanks to the way the antigens dogs carry affect our immune systems. And, if you do have a family history of glaucoma, regular eye exams are essential.

### Had a stroke before she turned 65

Your own risk of having one triples. All of us should pay attention to modifiable stroke risk factors, like blood pressure, physical activity levels and smoking. However, actively addressing these risk factors is especially important for people with this family history, whose genes increase their stroke risk further say the researchers behind the finding.

# TO FIGHT IT:

Exercise at least four times a week. Work out hard enough to break into a sweat each time, and your risk of having a stroke is 20 per cent lower than someone less active. It's thanks to exercise's beneficial effect on traditional stroke risk factors, like blood pressure and weight, say the South Australian researchers behind the discovery.





# Breaks her hip

It means your own risk of doing the same thing could accelerate by a decade – experts say a 55-year-old woman whose mum has had a hip fracture has the same risk of fracture as a 65-year-old. It's because genetic factors are responsible for determining 50 to 90 per cent of bone mass. In fact, researchers have discovered 56 genetic variations that control bone density, which can increase fracture risk by more than 50 per cent.

# TO FIGHT IT:

Eat at least two serves of fruit and five serves of vegetables a day. Both are naturally rich in potassium salts, which play a vital role in improving bone health. By reducing something called 'bone resorption', the salts help prevent osteoporosis, say UK researchers.

# Develops Alzheimer's

You're between four and 10 times more likely to develop it too, compared to someone with no family history of Alzheimer's, which is the most common type of dementia. And while your risk rises if either parent has the disease, it's significantly higher when it's your mum who's affected.

# TO FIGHT IT:

Start following the MIND diet, a brain-healthy diet that cuts the risk of Alzheimer's by up to 50 per cent. It means eating plenty of vegetables (particularly green leafy ones), wholegrains, nuts, berries, beans, fish, poultry, olive oil and a little wine, and avoiding red meat, butter, cheese, pastries, sweets and fried food.

### Is diabetic

Your risk of developing it too, doubles. And it's even higher if your mum was diagnosed before her 50th birthday. There are at least 40 different genetic markers that have been identified as playing a role in increasing the risk of type 2 diabetes, but the good news is that the function of at least 50 per cent of them can be modified by healthy lifestyle habits.

# TO FIGHT IT:

Drink an extra cup of coffee a day, say US scientists. That'll reduce your risk of type 2 diabetes by 11 per cent. But, most importantly, watch your weight and be physically active, the researchers advise.



# Hit menopause early

You're six times more likely to experience the same thing, which means entering menopause before you reach 45 – at least six years earlier than average. The big deal? Losing oestrogen earlier than usual can bump up your risk of heart disease and osteoporosis.

# TO FIGHT IT:

If you smoke, stop. Cigarette smoke damages DNA, which is one reason why smokers reach menopause two years earlier than non-smokers, on average. And eat plenty of low-fat dairy foods, after US researchers linked them to delaying menopause.



# GOOD NEWS IF YOUR MUM:

# Celebrates her 75th birthday

Your risk of dying any time soon falls by 19 per cent. In fact, it falls by 19 per cent for every decade that your mum lives past 65 – so if she celebrates her 85th birthday, your mortality risk falls by 40 per cent.

**To get the same benefit:** Drink a cup of chamomile tea every day. That can lower the risk of death from any cause by 29 per cent.

# Celebrates her 91st birthday

Your risk of developing cancer falls by 24 per cent, say US researchers, who found that having a 'long-lived parent' meant their children were also less likely to have a stroke.

**To get the same benefit:** Eat a 28g serve of nuts – particularly walnuts – three times a week. Do that and your risk of dying from cancer will fall by 40 per cent, and cardiovascular disease (which can lead to stroke) by 55 per cent.

# Doesn't have many wrinkles

There's a good chance the way you look as you age will follow a similar pattern.

This is because mitochondria, the powerhouses of cells, play a big role in how we age – and mitochondria are passed down to us from our mothers. So if your mum's skin is relatively wrinkle-free, you could experience the same thing.

**To get the same benefit:** Use sunscreen on your face every day. That can lead to developing 24 per cent fewer wrinkles, according to University of Queensland researchers.

### Has got good muscle tone

She might have what scientists call 'muscular genes', which is good news for you. While research proves that you always need to do some resistance training or physical activity when you're trying to build muscle, people with muscular genes require significantly less exercise to see results.

To get the same benefit: Make sure you eat plenty of protein. When people did that as part of an Australian study looking at how to boost the effectiveness of strength training, after four months their muscles were 18 per cent stronger than people who exercised without the protein. How much protein is enough? A different study found eating 25g of protein per meal makes managing weight easier. ○

# EAU THERMALE Avène

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Smart clothing is set to revolutionise the way we monitor and improve our health, fitness and wellbeing. Lindyl Crabb reveals the latest in wearable health technology

he most exciting innovations in health technology are taking over your wardrobe. Designed to complement your lifestyle, smart clothes empower wearers by providing instant medical information. Now, to better understand your body and take care of your health, all you need to do is get dressed!

# A bra that tracks your vitals

### What is it?

The SmartLife Bra is a sports bra with the capabilities of a heart and respiratory monitor. Textile sensors woven into the fabric pick up your body's vital signs and the electronic 'Brain' sewn into the bra records this data and sends it to an app. The bra is available in sizes 32A to 40DD.

### What does it do?

The bra's sensors measure your heart, breathing and kilojoule-burning rate. Using the app on your mobile or tablet, you can save your

results and show your GP or trainer and keep track of your health.

The Women's Bra Starter Pack includes the SmartLife Bra, Brain and app, £124.99, from smartlifeinc.com.

# Socks that make you a better runner What are they?

The Sensoria Fitness smart socks are no ordinary gym socks. Fitted with pressure-sensitive sensors, they come with a lightweight, clip-on anklet that gathers the sock's recorded data and sends it to an app.

Sensoria socks not only track your steps, speed, kilojoules, altitude and distance, they monitor your rhythm and foot landing technique. The app analyses your running style and identifies bad habits such as ball or heel striking. It also delivers real-time

What do they do?



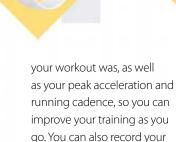
audio feedback so you can

correct your style, prevent

performance as you run.

The Sensoria Fitness smart

injury and boost your



5.

The Hexoskin Women's Starter Kit includes a singlet, device, app and cable, \$567, from harveynorman.com.au.

sleep positions by wearing

the singlet to bed.

sock bundle includes two pairs of smart socks, an electronic anklet, anklet charger and app, \$499, from activestride.com.au.

# A singlet that improves your workout

### What is it?

Embedded with sensors that analyse your every move, the Hexoskin Biometric Shirt is made for high-performance exercise, is lightweight and machine-washable. It comes with a device that inserts into the garment and an app.

### What does it do?

The sensors record your heart rate, breathing and activity and sends the feedback to an app on your smartphone. The app tells you how intense

# A watch that motivates you

### What is it?

The Apple Watch is no ordinary timepiece – it's a communication device and planner with apps just like your iPhone so the weather forecast, maps and your music playlist are always at hand. Available in 20 models, you can choose from different sizes and wristbands to suit your personal style.

### What does it do?

As well as allowing you to take calls and check emails without using your phone, the watch motivates you to exercise more and sit less. It records your daily

activity levels, kilojoules burned and heart rate, gives a summary of each workout and saves this history to reward you as your fitness improves.

The Apple Watch, from \$799, from apple.com/au.

# 5 A wristband that tells you to slip, slop, slap

### What is it?

On cloudy days it's easy to forget about sun protection and even when the sun's shining you can forget to reapply your sunscreen.
Seafolly's UV Indicator
Wristband is a visual reminder to stay sun-safe. Each packet contains eight one-day-use disposable bands. They can be worn in salt and chlorinated water.

### What does it do?

The wristband measures your daily exposure to UVA and UVB radiation. The band changes colour as your UV exposure increases to remind you to get out of the sun and reapply sunscreen.

The Seafolly UV Indicator Wristband, \$9.95 for a pack of eight, from seafolly.com.au.

# Insoles that could help your feet

### What are they?

Peripheral neuropathy can cause a loss of feeling in the feet and disrupt circulation; it's a common problem for diabetics. Sufferers are unable to recognise when too much pressure is placed on their feet. The Orpyx SurroSense Rx system includes shoe inserts embedded with a sensor, a smartwatch that receives the data and an online Orpyx account that tracks your history.

### What do they do?

The insoles detect abnormalities in foot pressure and the smartwatch will alert you to adjust the position of your feet. The SurroSense Rx is sold in the US for US\$2400, but is awaiting approval for therapeutic use in Australia. Visit orpyx.com for more information, or for international orders, email info@orpyx.com.

# ON THE WAY

A shirt that gives cuddles



### What is it

A hug can boost your oxytocin levels, calm your heart rate and build intimacy. But if distance is keeping you apart from a loved one the CuteCircuit Hug Shirt makes it possible to experience their touch by allowing the wearers to send and receive hugs.

### What does it do?

When you wear the shirt and give yourself

a hug, sensors embedded in the fabric record its duration, strength and feel. This data is sent to an app and the recorded hug, including the sender's skin warmth and heartbeat, is recreated by the receiver's Hug Shirt. When the receiver puts on their shirt, they will feel your hug just as you intended.

The Hug Shirt, £250, available from cutecircuit.com. •

# Are you in a second sec





oise pollution, and the stress associated with it, is now being linked to health problems including high blood pressure, a higher risk of heart disease or stroke, and even increased levels of fat round the middle. But if you're exposed to noise (and can't move home or work), what should you do?

According to our experts there are two key approaches – limiting the noise and changing your reaction to it. By simply thinking about noise differently you can dramatically alter how much it stresses you out and ultimately how much it then affects your health. Here's what you need

to know about dealing

with noise.

# Do a noise audit

If you don't find the true source of a noise you may not effectively reduce it (and could waste a lot of time and money in the process). "Quite often people think it's entering through the windows, but it could actually be via a wall air vent or via the roof eaves," says acoustic consultant Ken Scannell from Noise and Sound Services.

To find possible culprits, ask yourself, 'If I filled this room with water, where would it leak out from?' All of those places can also be ways noise enters. "To find the weakest link try covering the area with a piece of plywood or thick cardboard and seal the edge with tape. When the noise occurs listen with and without the cover in place to determine what reduces it," says Scannell.

# Reframe the sound

"Tuning noise out can be easier said than done, so instead try and hear the noise in a different way," says Krysta Callander, who is researching reactions to noise at the Melbourne School of Psychological Sciences. "For example, when you play people a recording of traffic noise, without telling them what it actually is, they can think it's ocean waves." If you can reframe the sound and think of it as coming from something pleasant it can almost be relaxing.

# Give the noise permission to be there

"Acceptance is key to changing your reaction to noise," advises Sunshine Coast psychologist Madonna Hirning. She suggests trying the following experiment.

"First try resisting the noise. Pit all your energy against trying to make it stop. As you are internally saying 'no' to the noise, notice what happens to it. Does it seem more bothersome? It probably will.

"Now, focus all of your attention on the noise again, but this time, instead of resisting it take a deep breath and mentally give it permission to be there. It will be harder and it doesn't mean you like the noise or want it there, but with practice it will reduce its impact on you," says Hirning.

# **BUY MORE CUSHIONS**

The more sound is absorbed once it enters a room the less you hear it, and softer furnishings absorb sound. "A room with carpets and soft curtains will therefore be quieter than a room with all hard surfaces like timber floors, blinds and leather lounges," says Scannell.

# Double glazing may not be the answer

"Sometimes it can actually make the problem worse," says Peter Knowland from PKA Acoustic Consulting in Sydney.

"If you're trying to filter out traffic noise, for example, fitting double glazing with a small gap between the panes can actually magnify the sound – you might be better off fitting a single pane of thicker glass. An acoustic consultant can advise which is best for you."

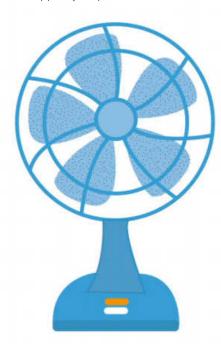
# Find a positive

It's been shown that airport workers who live under a flight path don't suffer the same negative health effects from the noise as non-airport workers as they can see a good side to the noise – it pays their wages.

"Challenge your negative thoughts about a noise and try and find something good from it," says Callendar. For example, if next door's dog barks, think about how the dog adds an extra level of security to your home too, or if it's aeroplane noise you can hear think about all the fun places those planes take you to when you go away.

# Create your own background noise

Knowland says this is one of the simplest ways to help cope with noise from neighbours, as the constant sound cancels out the more erratic nature of neighbour noise and the less you hear, the less tuned into it you become. It doesn't need to be loud – try running a fan, or download a 'white noise' app on your phone.





# Focus on your other senses

"We are wired to zoom in on unwanted experiences so when noise is present it will feel natural to give it your full attention – but don't," says Hirning.

"Instead, whenever you catch yourself zeroing in on the noise and frustration starting to build, employ all your senses.

"Start with sound," she says.
"What else can you hear? Focus
all your attention on that. Then
run through the other senses:
what can you see, what can
you smell, what can you touch
or feel under your feet? Can
you taste anything? This
expands your awareness
away from the sound.

"Once you've done that, do something that absorbs you to keep your attention refocused."

### MEDICAL NOISE SENSITIVITIES

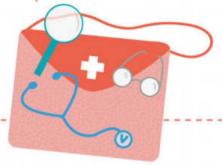
While most problems with noise are simply down to the crowded environments we live in now, some types of noise sensitivity are medically recognised. Here, Callander outlines three of them.

Misophonia: Sufferers react with anger when faced with trigger sounds – which might be something as commonplace as people chewing or sniffling.

Phonophobia: People with this disorder develop a fear of some sounds – and not just as they happen. Sufferers can start to worry they might be exposed to a sound at some point that day and alter their behaviour to avoid it.

Hyperacusis: In this disorder certain sounds trigger physical sensations in the body, often quite painful ones. Some people say it feels like their brain is on fire or that they're being hit in the head with an ice pick.

If any of those sound familiar, it might be worth having a chat with your doctor.





# Know your enhancers

Noise can bother us more if we're in a heightened state. Misophonia sufferer, Sallie Hudson says her problems get worse if she's been consuming caffeine, and she's less prone to triggers when she exercises. And Hirning says that noise is more likely to affect you if you're stressed or tired.

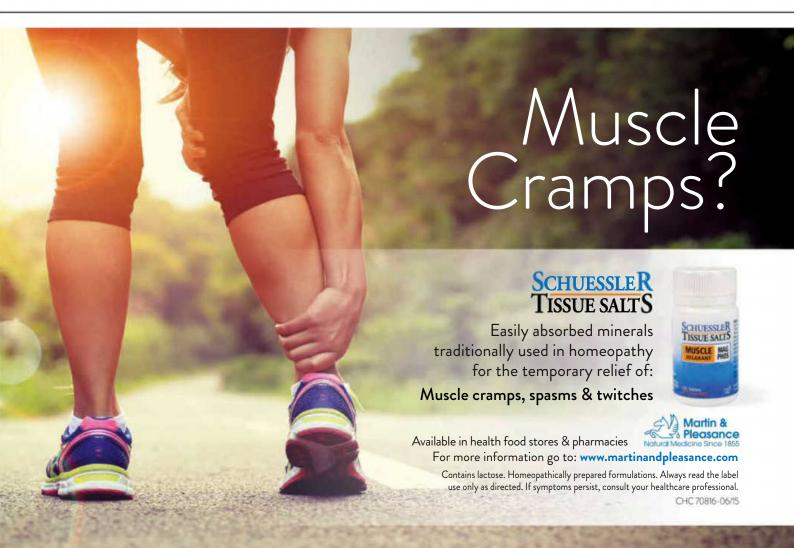
"A balanced diet, a good sleep routine, regular exercise and time for things and people you enjoy will help you build up a buffer against annoyances like noise pollution," says Hirning. Plus, they also offer protection against any potential health damage that noise still might cause – which sounds like an extra bonus to us.

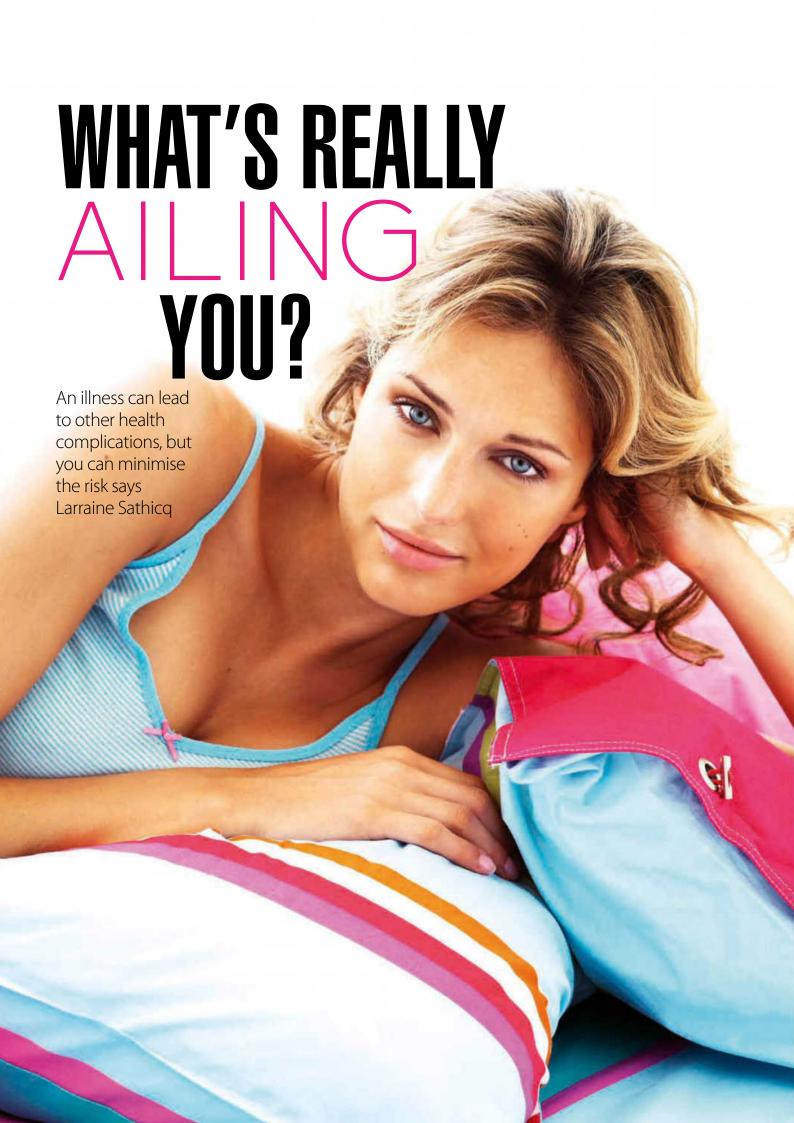
# TRY A NATURAL REMEDY

A lot of noise sensitivity occurs through stress, which can deplete the body of its nutrients, such as magnesium and the B vitamins, says Sydney naturopath Brenda Rosenfeld. "So we try to calm the nervous system and replenish what's being lost. Herbs that may help include passionflower, rhodiola, rehmannia, oats, lemon balm and licorice. This is providing there's no nerve conduction problem that needs to be investigated," she says.

Flower essences can help reduce emotional reactions to noise, says Hudson, who created a new flower essence blend, Misocalm, \$35, to tackle her condition. "Misophonics can feel irritation or anger around trigger noises and the essences help calm these emotions." From hudsonoriginals.com.au. •







id you know diabetes can make your teeth fall out and scaly skin can increase your heart attack risk? Dealing with a health issue can be difficult enough but it can also put you in the firing line for other seemingly unrelated and often serious diseases. There are, however, ways to prevent the domino effect of one illness leading to another.

### INFLUENZA AND A WEAKENED HEART

A bout of pneumonia, sometimes the result of a serious dose of flu, can increase your risk for heart attack and stroke for years after you recover, according to a recent study.

Researchers found that being hospitalised for respiratory infection poses a similar cardiovascular risk to smoking and diabetes. The increased risk could still be present 10 years after your recovery.

Take action. "Pneumonia is a serious illness and not to be taken lightly in any patient," says Dr Frank Jones, president of the Royal Australian College of General Practitioners. "Recovery can be problematic and is influenced by age, fitness level, and other pre-existing medical conditions such as heart or lung disease," he explains. "Make sure you have your annual flu shot, because that will help protect you from the next strain of flu."

If you've had pneumonia, ask your GP why you may have developed it, so you can take precautions. "Also, have a general check-up to maintain good health," says Dr Jones.



# Diabetes and loose teeth

The chance of losing teeth is greater if your diabetes is not well controlled, says Professor David Manton from the Australian Dental Association. "Poorly controlled diabetes affects the immune response and increases the risk of gum disease, and therefore tooth loss," he explains. "It also increases the risk of decay as there is more sugar in the saliva which provides food for decay-causing bacteria."

Take action. If you have diabetes, the best thing you can do is control the condition well and maintain good oral health, says Professor Manton. "Brushing with a fluoridated toothpaste twice a day, daily flossing and a well-balanced diet are important. Regular check-ups and dealing with oral infections quickly can also help."

# Rheumatoid arthritis and the ageing heart

People with early rheumatoid arthritis (RA) are living with hearts more than four years older than their actual age, with the increased heart age being most prevalent in women aged 45 to 64. There's also an increased risk for high blood pressure, high cholesterol and tuberculosis if you have RA.

Melbourne rheumatologist Dr Daniel Lewis says any autoimmune or inflammatory disorder causes your body to age faster. "This increases the likelihood of heart attack and stroke as well as your risk for blood cancers like lymphoma."

Take action. The first signs of rheumatoid arthritis should be investigated swiftly, says Dr Lewis. "If you have a swollen joint anywhere in your body and it's not caused by injury, have it checked quickly because delaying diagnosis can have serious implications later.

"Anyone with RA should also have an annual cardiovascular check-up as well as a regular review of diet and lifestyle factors for heart disease," advises Dr Lewis. "I recommend a diet high in antioxidants and omega-3s, low in sugar and salt and with plenty of anti-inflammatory foods like ginger, turmeric and garlic."

For more comprehensive dietary advice, visit Dr Lewis's website, www.pathways2wellbeing.com.au.

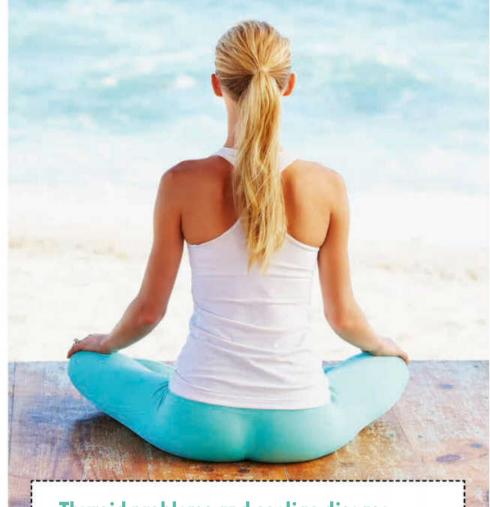
# Psoriasis and clogged arteries

Psoriasis is an inflammatory disorder that causes red, scaly patches on the skin – but it's much more than just a rash. Having psoriasis can increase your chances of having a heart attack or stroke by approximately 60 per cent. Your risk goes up according to the severity of your condition and how long you've had it, says Dr Chris Quirk from The Australasian College of Dermatologists.

"Psoriasis also increases your risk of developing other cardiovascular risk factors like obesity, diabetes and depression," he explains. "Symptoms range from a bit of dandruff or scaly elbows to severe disease affecting most areas of the body."

Take action. Psoriasis is a chronic disease with no cure but there are some new treatments available, so it's worth asking your GP or dermatologist about them. The good news is, psoriasis treatments have also been shown to reduce blood levels of the inflammatory proteins that contribute to heart disease.

"Don't let anyone tell you that nothing can be done, because the newer treatments are spectacular," says Dr Quirk. "You can also lower your risk of heart disease by improving your diet, not smoking, losing weight and stressing less."

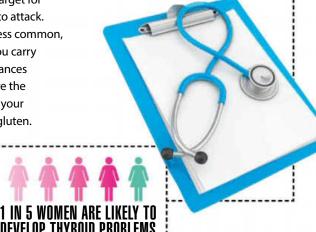


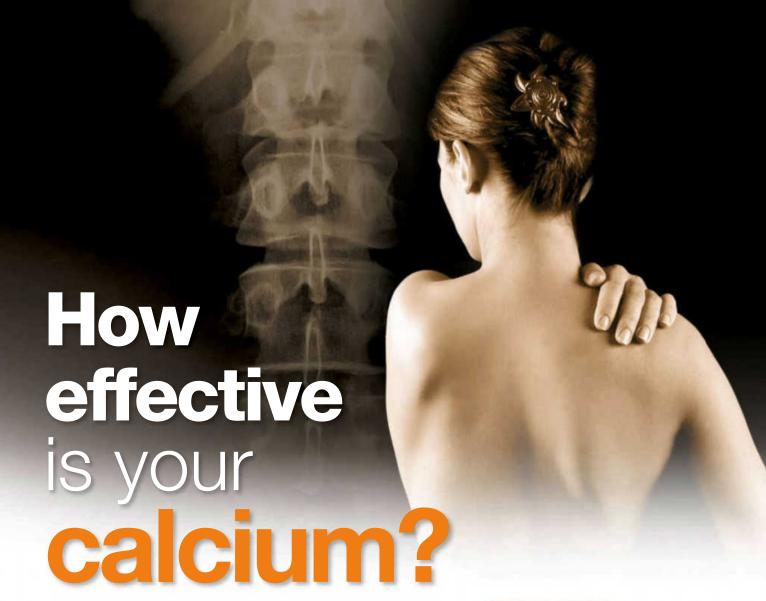
# Thyroid problems and coeliac disease

Having an overactive or underactive thyroid gland puts you in the firing line for coeliac disease and nobody knows exactly why it happens, says Sydney endocrinologist Creswell Eastman. "We do know that thyroid disease is more prevalent than was thought, with about one in five adult women carrying thyroid antibodies. This makes them most likely to go on to develop a thyroid disorder at some point," he explains.

Both thyroid and coeliac diseases are autoimmune disorders and antibodies provide a target for your immune system to attack. Coeliac disease is far less common, says Eastman, but if you carry thyroid antibodies, chances are you could also have the antibodies that target your bowel in response to gluten.

Take action. If you've been diagnosed with a thyroid disorder, ask your doctor about tests for coeliac disease, especially if you have digestive symptoms or have nutritional deficiencies. "Malabsorption of nutrients like calcium and iron is a common feature of coeliac disease and ignoring it can lead to osteoporosis or anaemia," says Eastman. And if you've only been diagnosed with coeliac disease it's also important to have your thyroid thoroughly assessed too. •





# Keep those bones strong!

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Always read the label and use only as directed. If symptoms persist consult your healthcare professional.



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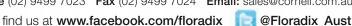
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# THE 4 HABITS THAT SABOTAGE YOUR RELATIONSHIP

Always blaming your partner for your relationship woes? It might be time for a rethink, says Bonnie Vaughan

ould you be wrecking your love-life without even knowing it? If you're having problems in your relationship, you probably think it's all his fault. But it might be worth looking at your own behaviour before pointing the finger.

Here, relationship experts reveal some common habits that can develop that may be damaging your partnership and how to break them.

### TRYING TO CHANGE HIM

You adored his ambition and drive when you first met him, but now you're always telling him not to work so hard. Or you were attracted to his quiet confidence and the way he felt comfortable in his own skin, but now you urge him to be more outgoing at parties. Or maybe you were thrilled he was supersociable and had a really fun circle of friends, but now you want him to stay in more.

"I see women do this all the time," says psychologist Jo Lamble, author of *Answers To Everyday Questions About Relationships.*" They tend to change the goalposts, and the men say, 'I don't get it. You knew this was what I was like and now you're asking me to be different." **Do this instead:** "Remember what you were attracted to in the first place," says Lamble. "You did love that side of him. You should also remember that you're not two halves of one whole – you're two individuals who are choosing to be together."

### TAKING HIM FOR GRANTED

You feel pretty secure in your relationship so you're in cruise mode. You don't really make an effort to sit down and talk when he gets home from work – in fact, you're both too busy checking your Facebook status or watching TV to factor in any quality face time. Before long it seems as though you might as well just be flatmates.

"Leaving your relationship to take care of itself can lead to feelings of resentment, decreased self-esteem and lack of relationship satisfaction, where neither of you feels appreciated or valued," warns relationship and body language expert Katia Loisel.

Do this instead: Acknowledge your partner, stay curious about him and celebrate his achievements. "Thank him for the time, energy and effort he puts into everyday tasks, such as taking out the recycling or fixing that leaky

tap," says Loisel. "It's one of the simplest yet

most romantic gestures."



### **KEEPING SCORE**

Whenever you have an argument, you bring up something hurtful he did in the past.

"It's like you're holding a little fistful of trump cards," says Lamble, "and those cards may be something huge, like an affair, or something small, like forgetting your anniversary. Then no matter what you're arguing about, you pull out that trump card and say, 'Well I'm still not over that' – and you win the argument because nothing you

have or haven't done is as bad as what they did a week, six months or 20 years ago. That's really unfair." **Do this instead:** Rip up the trump cards. "If your partner has apologised for his mistake and you've made an informed decision to stay with him, it's time to leave it in the past. Focus on today and resolve the things that happen in the here and now." If you really can't move on, however, Lamble suggests it may be a sign you need couples counselling to help resolve the issue.





# 4 HEALTHY LOVE HABITS

Good relationships take work. Here are four healthy practices that will keep your love going strong.

# KISS EACH OTHER EVERY DAY

When you first met, your kisses were deep and long and passionate, now they've dwindled to a perfunctory peck. If that sounds familiar, you need to start smooching again pronto. "Kissing activates all five of our senses and sends a direct signal to the emotional brain associated with love and lust," explains Loisel. "It also releases neurotransmitters and hormones, including oxytocin, the 'cuddle' hormone, that send you into a euphoric high."

A US study showed that couples who kiss frequently argued less, felt more connected, and were happier and healthier than those who didn't. "Just a daily five-second smooch is enough to keep your happy hormones flowing," says Loisel.



Unfortunately, as time goes on it becomes all too easy to forget your

manners and to use negative and hypercritical words such as 'never' and 'always', and this can lead to a vicious cycle of criticism and defensiveness.

"If you have an issue, voice it as a complaint rather than a criticism," advises Gisela Adams, a clinical coordinator at Relationships Australia. "Start with 'I' statements so you own it and don't blame the other person. Say, 'When you're running late, I feel very worried. What I need is for you to call me.'That sounds very different from, 'You're always late, you never think of me!"

# REMEMBER WHY YOU FELL IN LOVE

A recent US study found that couples who share laughs and actively reminisce about the good times they've had together tend to stay together longer and enjoy high levels of relationship satisfaction.

"It's really important to express these feelings to each other every day," says

Loisel. "It will not only help you focus on the positive things in the relationship, you'll also see your partner's positive points rather than all their flaws."

# A TRY NEW THINGS TOGETHER

Remember when you were first dating, the way your stomach would flip whenever he texted you? That's lust and attraction at work, pumping out feelgood hormones that make your heart race. Then, over time, day-to-day realities kick in and you forget to invest in that kind of excitement. But you can reignite that spark, says Loisel.

"Do things together that are fun and rewarding, like taking up salsa dancing or going to a trivia night. Even better, if you do something new and challenging that gives you an adrenalin kick, like abseiling or going on a ferris wheel, that will release phenylethylamine – the love hormone that gives you that feeling of butterflies. And that can help you feel more attracted to your partner." •





# BRILLIANT Career (S)

Stuck in a job rut? We chat to three women for whom one career just isn't enough. By Melinda Ayre

f your passions are too diverse to confine yourself to one career, you're not alone. Over half a million Australians are multiple job holders or portfolio careerists. Many people also switch careers at some point, with the average person changing jobs up to 10 times in their lifetime.

"A portfolio careerist or slasher is anyone who can't describe her working life with one phrase, but rather needs a series of slashes. For example, teaches/blogs/speaks," says Marci Alboher, author of One Person/Multiple Careers: The Original Guide to the Slash/Career.

"Some do it because their interests are too varied to want to be confined to one narrow career. Others do it to earn a living while starting a business," says Alboher. The downside? "Feeling like you're pulled in too many directions or burnout."

The benefits, however, can include reaching lots of goals and cultivating different skills. Here, we chat to three women who have tackled varied career paths with brilliant outcomes.



# "It doesn't feel like work – it just feels like an adventure."

Renee Kounis, 35, from Sydney, is a self-confessed 'slasher' – a fashion designer/personal trainer.

"I run two different small businesses. I have a fashion label called Neyku, which creates swimwear and activewear for women. My second business is personal training. I love the freedom of working for myself.

When I finished school I was confused about what direction to take – fitness or design. I grew up in a small country town so I didn't really know how to think'big'. Incredibly, I started a Bachelor of Science – I thought it was 'safe'. I transferred to graphics and illustration but then decided to follow my passion for sport – so changed to human movement studies. I graduated, worked in New York as a sports coach and then returned to Australia where I worked as a trainer at Fitness First.

My passion for design still tugged at me, so I enrolled at

a fashion design college and started an outdoor personal training business. At design college I started making bikinis. I started off doing basic stuff but eventually progressed and started my successful label, Neyku. Now I love opening magazines and seeing celebrities in their Neyku bikinis and activewear.

Yes, I believe you can have it all! I've been a personal trainer for over 11 years as I've always loved the fitness industry, but I also love being creative. I've always worked multiple jobs – but I've always loved what I do. Work can take up a big chunk of your life so make sure you do what you love. We live in a great time where there are endless possibilities – you don't have to choose one career. Always follow your heart and don't be afraid to take risks." ▶



frustrated with how my time was used and wanted to pour my energy into something I felt wholehearted about. I had an inkling there was something else out there for me.

I'd always practised yoga and every holiday I would go off and do more training. Suddenly, everything began to crumble. My relationship ended and I moved cities. Everything was changing, so why not jump into a new existence? A few girlfriends were keen to start a yoga studio so I decided to join them. It was a huge leap. I went from a stable career to irregular work. I wouldn't describe myself as particularly brave, so it was a bold move for me. Since then I've instructed yoga, trained in healing modalities and founded my own business Warrior & Goddess. Most recently, I developed an online yoga program for pregnant women.

Now I'm aligning my work with my values. I met my partner through yoga. I've had incredible adventures in India and Bali, soaking up yoga culture, and I've hosted a yoga retreat in New York. I'm healthier than I've ever been and I'm time-rich, which is fortunate as we've just had a baby.

If you're thinking of making the leap, take the path that has the most growth, even if it doesn't make sense now. We're here to unwrap our purpose then offer it in service to the world."



# "I found my calling after doing a reiki course."

Safi Rowland, 38, from Sydney, is a former marketing executive and now reiki master and relationship mentor.

"I was born to have multiple careers. When I was a little girl in the UK I had a long list of things I wanted to do. I wanted to be a ballerina, a secretary, and perhaps run my own animal hospital. Once I finished school I decided on a joint degree as I didn't feel ready to specialise. I studied sociology in a bid to understand people, along with global media. After graduation I became an English teacher. It was one of the best jobs in the world – teaching kids to read.

After my masters in global media, marketing roles were a natural progression. I've since held executive marketing positions at Setanta Sports in the UK and in Australia, the Sydney Opera House and at Michelle Bridges' 12 Week Body Transformation.

Each job has been a dream job. But in both teaching and marketing, I realised I never wanted the 'top rung'jobs because they were missing all the bits I loved. I knew I'd never be

in for the long haul. And while all the jobs were different, the theme was the same: to support people in having the best experience possible.

When I did a reiki course it was a tipping point – I'd found something to be truly passionate about. Then I was made redundant, so it seemed like the right time to pursue what I wanted. I founded my reiki and mentoring business, safiatou.com. au, a few months ago. Reiki is a foreign concept to many, but it's a gentle way of helping people. I'm the daughter of two doctors, and I think deep down I always wanted to be of service, just like them.

Now I've created the perfect working day. I start each day on my yoga mat, I email during breakfast and what happens for the rest of the day depends on what consultations I have. These days I work smarter – I'm a firm believer in routine over burning the candle at both ends." •



the myths, the facts



There's a great deal of confusion surrounding anxiety and how to treat it. Psychologist Jennifer Garth sorts the myths from the facts

yths abound when it comes to anxiety disorders, which can make dealing with them more difficult. To help you master your fears, we've consulted specialist psychologists to debunk nine common fallacies about anxiety and panic disorders.

### MYTH

# Anxiety isn't a real illness.

FACT "It's a pervasive and debilitating illness that can last for months, even years, and has the potential to lead to other illnesses such as depression and substance abuse," says Dr Sarah Edelman, author of Change Your Thinking. "It's normal to feel anxious when confronted with a threatening situation, but if your anxiety is intense and occurs too often, affecting your ability to function, it may be classed as an anxiety disorder and you should seek help."

### MYTH

# Anxiety is a sign of weakness.

**FACT** "Anxiety is not a sign of weakness, a personality defect or poor character. The weakness myth is fuelled by social comparisons," says Dr John Forsyth, director of the Anxiety Disorders Research Program in Albany, New York. "If you see your

life as full of anxiety and emotional pain, while perceiving others as happy and carefree, you will naturally start to believe that there is something wrong with you."

Instead, remind yourself you are not broken, but you will need to take responsibility for your thoughts and behaviour. Start by channelling your energy into the things you can control and change. By taking charge of your resources and focusing on your goals you can create the kind of life you want.

### MYTH

# Therapy for anxiety will take years.

FACT There are many types of therapies available. Some are short-term and take weeks – not years – before you see an improvement. For example, cognitive behaviour therapy (CBT) is a short-term, 10- to 12-week treatment option for anxiety. During your sessions with a psychologist you are taught how to identify and change destructive or

disturbing thought patterns that create and maintain anxiety. Behavioural change involves gradual and repeated exposure to feared situations and practising deep relaxation and breathing techniques.

# MYTH

### People with anxiety should just avoid whatever is causing their fear.

**FACT** "Avoidance has the potential to turn everyday worries and fears into potentially life-shattering anxiety disorders," says Dr Forsyth. Instead of running from unpleasant emotions experts suggest doing the opposite. "The more you expose yourself to your fears and learn to deal with uncomfortable feelings, the more you can master them."

Aim to confront situations, objects, sensations or thoughts that trigger your anxiety. Don't try to challenge your worst fears all at once. Instead try gradually exposing yourself to less intense fears and then, as your confidence grows, slowly move on to more difficult fears.

### MYTH

# Always carry a paper bag in case you hyperventilate.

**FACT** Hyperventilation isn't necessarily dangerous, but carrying a paper bag at all times will heighten your anxiety. It's a safety behaviour based on the fear that something dangerous is about to happen and you need a contingency plan.

Safety behaviours are just another form of avoidance. In fact, according to extensive research, safety behaviours, whether they involve carrying a brown paper bag or repeatedly washing your hands to avoid germs, have the opposite of the desired effect. Rather than making you feel safe, they feed into the cycle of anxiety.

### MYTH

### **Anxiety disorders** are not all that common.

**FACT** Anxiety disorders affect one in seven Australians every year and are far more common than most of us realise. The 'anxiety disorders are not common' myth is fuelled by community misinformation and stigma about mental illness.

Many people don't discuss their anxiety with friends, colleagues, or even family for fear of judgment, so they suffer in silence. Many more anxiety disorders, such as social anxiety, isolate people, making us believe anxiety isn't all that common.

# **Anxiety** disorders are genetic.

FACT "Current estimates place the genetic contribution at about 30 to 40 per cent," says Dr Forsyth. This means your genes may make you more vulnerable to anxiety problems, but inheriting an anxious predisposition isn't the same as inheriting an anxiety disorder. What makes anxiety a problem is how you relate to your fears. The good news is you can change and control the way you think and feel.



# All I need is a tipple to get through this.

**FACT** In the short term an alcoholic drink may 'take the edge off' and help you relax when you're feeling anxious, but in the long term it can be a gateway for addiction. Research published by the National Institute on Alcohol Abuse and Alcoholism in the US found 36.9 per cent of people with alcohol dependence met the criteria for an anxiety disorder the previous year.

Self-medicating is not an effective management option. Instead get help for your anxiety issues and treatment for addiction.

### MYTH

## There's nothing you can say to help an anxious person relax.

**FACT** There are many ways you can help someone deal with their worry, fear or anxiety. If you want to put someone at ease ask them questions. Find out what they're anxious about. Try to draw them back into the present moment. Do this by getting them to talk about their values, goals and the direction they want their life to go in, rather than buying into their worrying thoughts.



If you want help in dealing with your anxiety, visit the Australian Psychological Society at psychology.org.au and click on the Find a Psychologist link. o

# Raising and ONLY CHILD

Solo children can experience their own unique challenges in life, so how can parents help them thrive? Here, the experts share their advice with Angela Barrett



hile there's much to be said for having an only child, it can bring with it a particular set of challenges – primarily how do give your child the experiences and benefits of having a sibling, without actually having a sibling?

We asked the experts for their best advice for parents.

## ENCOURAGE RELATIONSHIPS WITH SAME-AGE CHILDREN

Getting along with other children can be challenging for the only child. "Create as many social opportunities with peers as possible," says child psychologist Kimberley O'Brien, from Sydney's Quirky Kid Psychology Clinic.

Enrol them in preschool, take them to special interest classes like music or art, and encourage play dates, alternating between your home and their friend's so they experience the home environment of other children.

Heather Irvine, clinical psychologist and author of *The Birth of the Modern Mum*,

recommends extending your family network to include other 'cousins'. "Family is what we determine it to be, so if you have good family friends feel free to name them as cousins, aunties and uncles, so long as everyone else is comfortable with the philosophy," she says.

For older children, allow them to bring a friend on family holidays to create a temporary sibling-type relationship and afford your child all the challenges and benefits that come from sharing close quarters with another child.

# DEVELOP A SHARING CULTURE

In their sibling-free world, only children have limited

opportunities to share but it's important that they learn how to do so, says Michael Grose, parenting educator and founder of parentingideas. com.au. "The ability to share has been identified as a trait children like in others," he says. "Talk about sharing and show your child by your actions that it's good to share."

Encourage them to share toys and other belongings, meals and conversations with you, their wider family, and with friends.

# PROBLEMS TO SOLVE

Parents of larger families have to divide themselves between more children and tasks so tend to delegate more and



automatically assign their children challenges: if you have three children and someone hasn't got a school uniform ironed or a lunch made, you're more likely to ask the child to do it. "In smaller families, parents are more likely to solve their child's problems for them," says Grose. "Don't fall into the trap of fixing everything for your only child because you can, otherwise you rob them of opportunities to learn how to solve problems for themselves."

## GET THEM INTO A GROUP

There are many benefits for only children in being part of a group: through the challenge of being with others they build resilience and learn to compromise and problem-solve.

"Group activities and team sports are great for helping only children learn how to listen to peers and deal with negative feedback," says Irvine. "They also learn how to handle teasing from older children." O'Brien advises starting with a small group. "It can be intimidating for an only child to go into a big group of children, especially with others who have experience with siblings."

Grose says it's beneficial to get the only child to do paired activities with another child, like washing the car or making a cake. "It's a good strategy to get two kids to do jobs together," he says. "Sometimes they fight, but ultimately they have to work it out."

### GIVE THEM SOCIAL CUES

With siblings, children develop the know-how to communicate with other children. Only children tend to miss out on this.

"Onlies are often very articulate and comfortable speaking to adults but this doesn't always transfer to the playground," says O'Brien.
"Many need support to learn
how to talk to children." Some
psychology clinics run social
skills groups for children
or a school counsellor or
psychologist may be able
to offer advice.

As their parent you can help by briefing them about what to say in social situations and what to look out for. For example, you could say to your child, "Wait until there's a break in play and then ask the group, 'Do you mind if I join in?'"

Grose also advocates being a playful parent. "Only children can be quite serious. In fact, they are often mini adults because they've spent so much time in adult company," he says. "Be playful. Put on a funny hat and joke around to lighten things up. Your aim is to skill your child up so they can socialise comfortably with other kids."

### **HAVE A PET**

It's important for a child's development that they have another living being to care for. Children with siblings automatically experience this, whether they prove to be good carers or not. "It's known as alloparenting and is when you look out for and look after other people or kids in your family," says Grose.

An only child doesn't have an opportunity to do this for a sibling so letting them have a pet is a good way of giving them this experience. "This is important because when children nurture and look after another being it kick-starts empathy and tolerance and in some ways they're learning how to be a parent," he says. •





TAKE A LOOK AT WHAT GOES ON BEHIND THE SCENES IN THE GH OFFICE, SHARE YOUR THOUGHTS ON THE LATEST ISSUE, AND FIND OUT WHAT OTHER READERS ARE UP TO.

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# THIS MONTH WE LOVE...



[eattrainspire]
Saturday mornings with pandan buttermilk pancakes



[natalieshaw\_xo] I've got a few reasons to smile right here





[via Facebook]
Getting me through
my morning...

# BEHIND THE SCENES...



Our art team played with powders, pencils and glosses to create our Light Touch make-up story on page II2.



Writer Lindyl tried her hand at cranberry farming in Massachusetts in the US. Find out more about this superfruit on page 82.



A square of Loving Earth organic chocolate is a favourite office treat. The only problem is which flavour to try first!

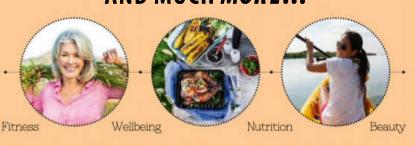


We discovered a lunch-break workout at Sydney's Barre Body Studio is a great way to refresh your mind.



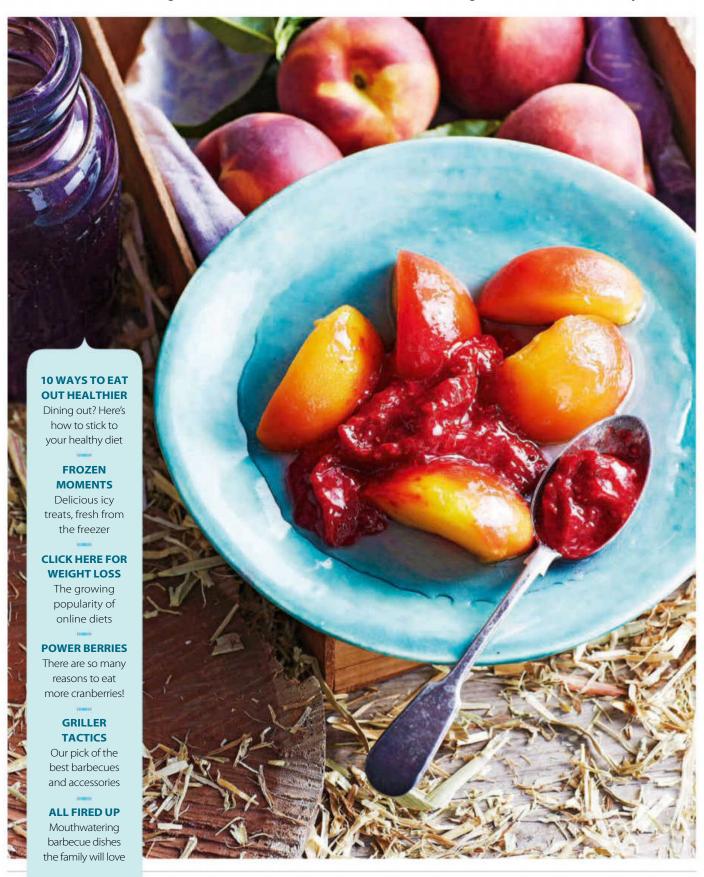
Our art team paired beautiful blooms with scented body lotions for our beauty story Double Act. Find it on page 110.

# AND MUCH MORE...



# eat smart

make the right choices for a healthier, stronger and fitter body





# 10 WAYS TO EATOUT HEALTHIER

Heading to a restaurant for a special dinner? It doesn't have to be the end of your healthy eating plan – there are some clever tricks that will keep you on track. By Helen Foster

ou're going out to eat, but you're trying to lose weight, eat less fat or sugar or drink less. Can you really have a good night out and keep your goal in focus? You can if you use these tricks that make you order less and enjoy things more.

#### BOOK SOMEWHERE WITH A SENSE OF OCCASION

The surroundings in which you eat are as important in determining what and how much you consume as the dishes the restaurant serves. When US researchers added soft lighting and gentle music to part of a fast food restaurant, people sitting there consumed less food than those eating in the normal part of the room. This was in spite of both groups eating from the same menu.

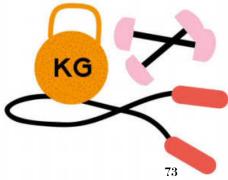
Pleasant surroundings make you linger over a meal and slower eaters generally eat less food. Another bonus of a nicer restaurant? Presentation. When people order something healthy and it's plated up in an artistic fashion, we think it tastes better, says research from Oxford University. That might encourage you to make a healthier choice again next time.

#### 2 DON'T GO TO THE GYM FIRST

It might sound like a good idea to create a buffer for the extra kilojoules you're going to eat, but it might also make you fall for what psychologists call 'moral licensing." In this we give ourselves permission to do something 'bad' because we've been 'good' and deserve it," explains Sydney-based eating psychology coach

Brigitte Najjar. "The problem is, the rewards we choose tend to be things that stifle our progress toward our goals."

One way to reduce the impact of moral licensing is to stop balancing your actions against each other. Do your workout, but not because it lets you eat more later but because it's good for you. "Just think about whether any action you take gets you closer to achieving your goals or not," says Najjar.



# **3**...

#### GET TO THE RESTAURANT IN A GOOD MOOD

Leave home in plenty of time, don't stress about the person who stole your parking place, and if you've had a bad day at work try to shake it off as you're less likely to make a healthy choice if you're grumpy.

"A bad mood causes us to focus on what's right in front of us, not the wider picture, and so we're more likely to think about how something will taste than wider issues like how many calories it contains or its effect on our cholesterol," says Professor Meryl Gardner from the University of Delaware in the US.

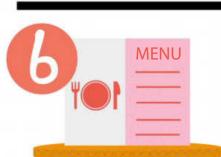
If you can't change your mood completely, at least try to think of something happy before you place your order. This has been shown to help people eat less.



#### ORDER RED WINE, NOT WHITE

If you're going to be refilling your own glass you'll pour nine per cent less red wine into the glass than you will white, according to lowa State University research. The reason is simply that there's a greater contrast in colour between the white and the red so you're more aware of how much you're serving.





#### KNOW THE SECRET CODE ON THE MENU

You know to avoid dishes that are fried (often described as crispy) or anything in a heavy sauce (look out for words like creamy or rich), but you should also check how the menu is displayed. The unhealthiest (or priciest) dishes tend to be highlighted in some way, says Professor Wansink – they might be in a bolder type or a boxed-out section.



#### IF YOU DON'T WANT A SALAD, DON'T EVEN READ THE OPTIONS

When researchers at Duke University in the US looked at menu layout and how it influenced what actually ended up on people's plates, they found that people were more likely to order something unhealthy if a healthy food like a salad was shown right next to it. This is an effect called vicarious goal fulfilment, where a person can feel they've succeeded in achieving a healthy goal just because they thought about doing it – this then has the knock-on effect of giving them an excuse to treat themselves.

Are they generally quite healthy or likely to order three courses? It's been clearly shown that we tend to mimic our dining companions, from what they order to how much and how quickly they eat. If your friends are super-healthy eaters, then let them order first and you'll be more likely to follow suit, but if they are 'bad influences' order before them so you aren't swayed by peer pressure.

Also, be careful if you're out with your boss or a new date. "When we are eating out with people we are trying to impress or want to please, we often eat more of the things we don't actually want to eat, due to our need to seek approval," says Sydney-based fitness trainer Mark Moon. "Remember, having self-confidence is a more impressive trait, so stick to your plans."



### EAT LIKE A CRITIC

Queensland-based psychologist Lana Hall suggests this to her clients to help keep them under control. "I ask them to pretend they are critiquing the meal and really embrace the task, talking to their eating companions about exactly why what's on their plate is so good. This helps keep you on track in four different ways," she explains. "You pay more attention to what you're eating so you enjoy it and feel satisfied - and if you're thinking critically you also look for flaws in the dish, making it easier to stop eating when you feel full. The increased awareness also makes you recognise when you are full. And finally, eating like a critic frees people from the whole 'you have to finish what's on your plate' mentality. Watch *MasterChef* – very rarely do they eat a whole dish."

# 10

#### IF YOU HAVE DESSERT, USE THE 'THREE BITES' RULE

"The first mouthful or two of any dessert will always be the best but once that truly pleasurable feeling has been satiated, put the spoon down – it's easy to do if you split the dessert with someone," says personal trainer and health coach Ali Cavill.

If you're trying to avoid dessert completely, Cavill suggests popping a peppermint into your mouth before the waiter comes to take your order. "The flavours will abate your appetite for something sweet." •







When looking good in that swimsuit matters, but taste rules too.



Peters Skinny
Cow Cheesecake

**Ice Cream Dessert** - Passionfruit

Per 92g serve: 580kJ; 19.6g sugars; 0.8g saturated fat.



Streets Fruttare -Coconut Smoothie Per 72g serve:

592kJ; 17.8g sugars; 4.8g saturated fat.



Weis' Strawberry Watermelon Lychee & Ice Cream Bar

**Per 80g serve:** 525kJ; 19.1g sugars; 3.2g saturated fat.



Per 60g serve: 540kJ; 12.5g sugars; 0.8g saturated fat.



Peters Frosty Fruits - Coconut Water with Mango

Per 78g serve: 240kJ; 11.5g sugars; <1g saturated fat.



Bulla Frozen Yoghurt Coconut Flavoured Centre - Lime

Per 64g serve: 334kJ; 12g sugars; 1.3g saturated fat.



When pure indulgence reigns and kilojoule counts don't matter... momentarily at least!



Streets Golden Gaytime - Mint Per 78g serve:

1000kJ; 17g sugars; 7.9g saturated fat.



Streets Cornetto Disc - Red Velvet

Per 85g serve:

1115kJ; 26.2g sugars; 11.2g saturated fat.



Connoisseur Gourmet Ice Cream - Murray

**River Salted Caramel** with Macadamia

**Per 92g serve:** 1410kJ; 25g sugars; 12.4g saturated fat.



M Streets Magnum **Americana** 

= - Chocolate

Cookie Crumble

Per 77g serve: 1100kJ; 23.3g sugars; 11.8g saturated fat.



Connoisseur Gourmet Ice Cream – Murray River Salted Caramel with Macadamia

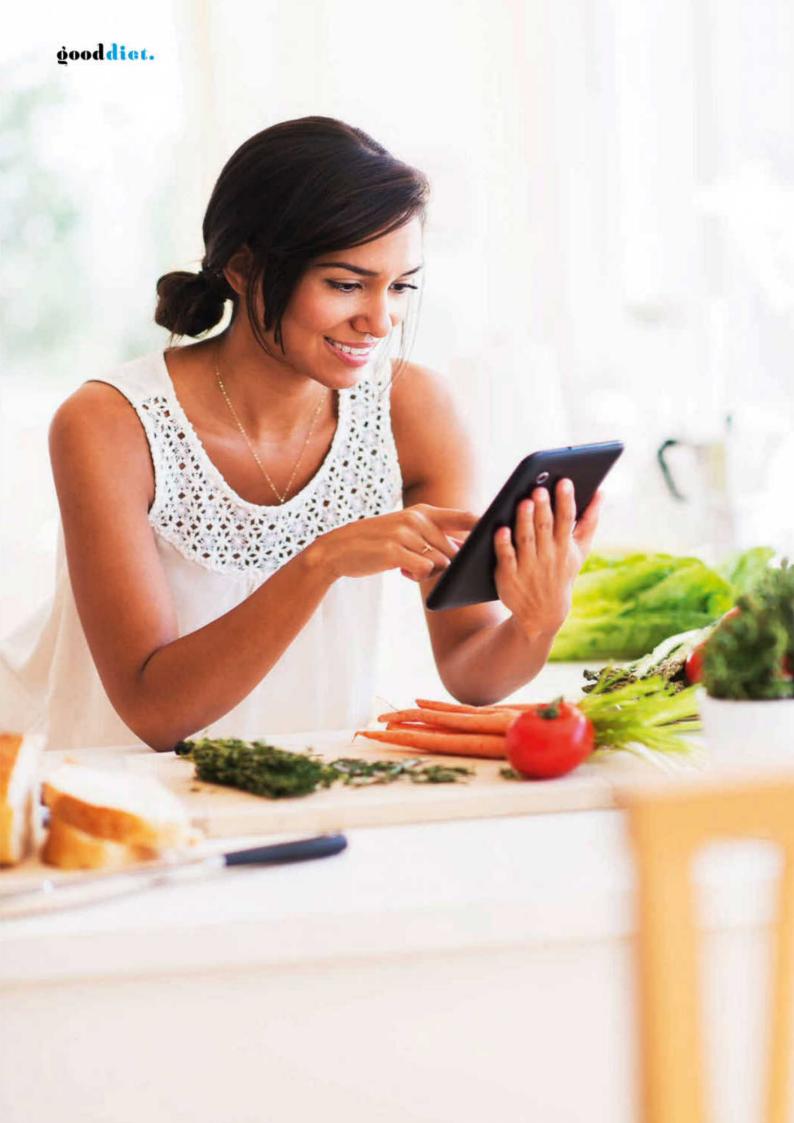
Streets Magnum Americana – Chocolate Cookie Crumble

Weis' Strawberry Watermelon Lychee & Ice Cream Bar

#### ICY TREATS FOR SLIMMERS

So you're doing well controlling your weight, but you still pine for an icy indulgence. The solution? Enjoy an occasional treat, but limit it to 600kJ or less. A 600kJ ice-cream represents 12 per cent of your daily energy needs when following a 5000kJ (reduced-kilojoule) meal plan. •





# CLICK FOR WEIGHT LOSS

Online diets are steadily growing in popularly. So what do they offer, and which ones might work for you? Sarah Marinos looks at five different programs

Australians spend around \$603 million a year on weight-loss programs and a growing number of them are being delivered online. So what are the pros and cons of losing weight via the internet?

"Anyone can claim to be an expert, have no nutritional background and make a lot of money very quickly. Some programs can also cause harm if people who join have high cholesterol, diabetes or high blood pressure," says Dr Cate Lombard, a Melbourne dietitian and nutritionist.

"But well-balanced programs designed by accredited health experts can reach people who are reluctant and embarrassed to join a face-to-face program. And they are more accessible for people living in rural areas."

Here, we look at some popular programs and outline what you get for your money, as well as the pros and cons. ▶

#### THE BIGGEST LOSER CLUB

#### What it includes:

"The general focus of The Biggest Loser Club is on a low-fat diet, healthy eating and exercise. There's also good information available," says Charlene Grosse, spokesperson for the Dietitians Association of Australia.

There are four programs: rapid weight loss, a classic standard weight-loss program, maintenance for when you achieve goal weight and a healthy-living program. You get daily meal plans designed by accredited practising dietitians, shopping lists, a daily exercise routine and exercise videos and can join the online community to share tips and stories.

#### What you should know:

"There's a prescriptive eating plan. You're told what to eat every day so there isn't much flexibility," says Grosse.

#### It's for you...

If you like to be told what to eat and when to keep eating habits on track. It's also good if you need inspiration to create healthy meals and prefer to get your support and advice totally online.

#### **Approximate cost:**

Around \$49.95 per month.





#### What it includes:

This 12-week program includes a flexible eating plan so you can customise and swap meals to suit tastes and dietary restrictions. The focus is on high-protein meals and low-Gl carbohydrate foods to increase a feeling of fullness.

The program is based on CSIRO research. A Total Wellbeing Diet Diary tallies food groups and highlights gaps in nutrition and there's an online recipe collection. A range of exercise programs to suit different levels of fitness is also part of the package.

#### What you should

**know:** "There's a focus on higher protein foods, which can be expensive," says Grosse.

It's for you... If you're on a busy schedule and looking for recipes that are quick and easy to prepare.

**Approximate cost:** \$149 for 12 weeks.



Find it here: totalwellbeing diet.com



What it includes: Each program starts with a six-week Pre-Season to prepare you for the 12-week transformation. During Pre-Season you're given two tasks to complete, such as setting your goals or cleaning out your pantry. During the 12-week program you receive weekly meal and exercise plans, shopping lists, daily workouts and an updated fitness score. You'll also get Mindset Videos twice a week to help you maintain focus.

"This program offers variety and the eating plans are nutritionally adequate because there is a team of dietitians developing recipes," says Dr Lombard. "And the motivational videos are a good support."

What you should know: Grosse says while the eating plan is balanced, it can be rigid. "A prescriptive eating plan doesn't allow people to adapt eating patterns and food choices into their current lifestyle," says Grosse. "And high-intensity exercise that's unsupervised can be discouraging for people who are unfit or unable to exercise at that level."

**It's for you...** If you like detailed eating plans and a specific exercise program.

Approximate cost: \$199 or 12 weekly payments of \$19.99.



Find it here: 12wbt.com



#### SHAPERIGHT

**What it includes:** There's a resource centre for members, with videos and articles about healthy eating, exercise and weight loss. A recipe collection includes ingredient lists and the exercise library has workouts ranging from martial arts and water sports to running programs. You create a weight-loss profile and receive daily meal plans. There are also tools to monitor weight and body measurements. "The program has a qualified dietitian and personal trainer as part of the support team and aims for realistic, safe weight loss of 0.5 to 1kg per week," says Grosse.

**What you should know:** You need to make time to cook the meals provided as part of your eating plan.

**It's for you...** If you want to be able to cook the same meals for you and your family and if you have special dietary needs such as being a vegetarian, lactose- or gluten-free. **Approximate cost:** Free to \$29.95 for 12 months.



Find it here: shaperight.com.au

#### WEIGHTWATCHERS

What it includes: WeightWatchers Online includes tools and apps to help you track food, activity and weight, fitness plans, seven-day-a-week online coaching with personal advice and tips, a ProPoints Plan to help you stick to a food budget, meal plans and recipes and access to message boards and blogs.

"Generally, WeightWatchers is considered to be a well-balanced eating plan," says Dr Lombard. "They have a team of dietitians and exercise and medical experts providing advice so the program is likely to be better balanced." What you should know: Points are allocated to foods and a person could stay within their Points limit by choosing energy-dense foods in smaller portions, such as biscuits and cakes, rather than eating a balanced diet. It can be time consuming to count Points.

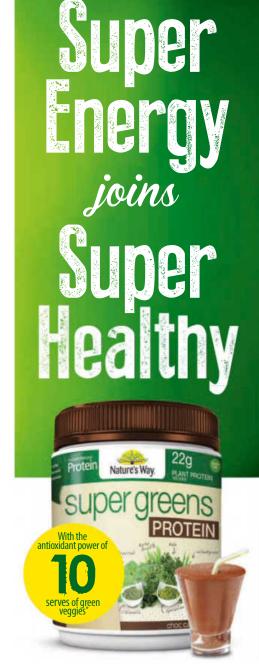
**It's for you...** If you're tired of counting kilojoules and just want a flexible eating plan that's easier

to stick to long-term. Plans run for a month to six months.

**Approximate cost:** From \$6.59 to \$21.53 per week.







Now you can power through the day with Nature's Way Super Greens combined with Instant Natural Protein, as it boosts your vitality, immunity and general health.

Nature's Way Super Greens Protein combines the antioxidant goodness of 10 serves of super green veggies with an energy hit of 22 grams of pure plant based protein, with no added nasties, in one delicious tasting super greens protein smoothie.



Available at
Woolworths
the fresh food people
and selected Pharmacies

# berries

IF YOU HAVEN'T CAUGHT ON TO THE AMAZING HEALTH BENEFITS OF THE CRANBERRY, LINDYL CRABB REVEALS WHAT YOU'RE MISSING

ou've seen them at the supermarket in the form of sauces, juices and as a dried fruit, but cranberries are also a potent ingredient when it comes to your health. Rich in vitamin C, antioxidants and flavonoids known as proanthocyanidins (PACs), these little red berries may help to guard against infection and provide protection from bacteria, inflammation and ageing.

When choosing cranberry products, go for unsweetened varieties, says naturopath Mahes Karuppiah-Quillen, as added sugar can undo some of the cranberry's benefits. Their natural tart flavour may be an acquired taste for some but don't let that stop you from enjoying what they have to offer your health.

#### Urinary tract support

To stop the recurrence of urinary tract infections (UTIs) or prevent them in the first place, cranberries are your best defence. The PACs in cranberries prevent bacteria from latching onto the cells in your urinary tract and bladder, creating a protective barrier. They also decrease

levels of *E. coli*, the bacteria responsible for most UTIs.

Women are most at risk of getting a UTI, and these can recur frequently. A cranberry supplement made with the whole fruit may offer the best results.

#### Prevent stomach ulcers

Drinking a cup of cranberry juice daily can ward off the *H. pylori* bacteria, which cause stomach ulcers. The PACs in cranberry that protect your urinary tract also keep the *H. pylori* bacteria from attaching itself to the lining of your stomach. They also help

remove the *H. pylori* bacteria from your body.

#### **Protect teeth**

The antibacterial properties of cranberries are also good for your teeth. Research led by oral biologist Dr Hyun Koo shows cranberries prevent plaque build-up and cavitycausing bacteria from sticking to your teeth. Consuming cranberry products could cut your risk of cavities by 45 per cent and reduce the activity of plague and acid-forming bacteria by 70 per cent. Koo says cranberries could one day be used in products like mouthwash or toothpaste.



Anti-age skin

Your skin loves cranberries too. Oil made from cranberry seeds is a plant source of omega-3 fats and a potent anti-ageing ingredient, when applied directly to the skin.

"Cold-pressed, unrefined cranberry seed oil contains a very high essential fatty-acid profile, vitamin E, high levels of antioxidants and vitamin C, which makes it very nurturing to the skin. It also helps prevent premature skin ageing and protects against sun damage," says Karuppiah-Quillen.

#### Lower blood pressure

Drinking unsweetened cranberry juice could help you keep your blood pressure under control, says the American Heart Association. Cranberries are rich in antioxidants that may help lower blood pressure, and the vitamin C and PACs help remove harmful free radicals and aid cell repair. Drink the juice twice daily for eight weeks to improve your blood pressure.

Phytosterols found in cranberry seed oil can also reduce your levels of bad LDL cholesterol and cut your heart disease risk. Karuppiah-Quillen recommends consuming the oil as part of a healthy, balanced diet and choosing one with a golden, light green colour and runny consistency.

#### **Fight** inflammation

Cranberries contain compounds called polyphenols, which offer protection against inflammation and have shown potential to reduce the number and size of colon cancer tumours. The researchers believe this is because polyphenols become active when they're digested.

To make the most of the anti-inflammatory benefits, eat whole cranberries on a regular basis.

#### **MAKE YOUR** OWN SAUCE!

A homemade sauce to accompany both sweet and savoury dishes is a great way to enjoy cranberries. Try nutritionist Emma Stirling's orange-spiced cranberry sauce recipe, brimming with vitamin C and antioxidants.

#### **INGREDIENTS**

100g muscovado sugar or sweetener of choice 100ml freshly squeezed orange juice 2 wide strips of orange rind 250g frozen cranberries (or fresh if you can get them)

¼ teaspoon cinnamon

#### **METHOD**

- 1. Combine sugar, juice and rind in a medium saucepan and bring to the boil.
- 2. Add cranberries and cinnamon, reduce heat and cook gently, stirring occasionally, for 10 minutes.
- 3. Remove rind, cool and store in the refrigerator before serving.



#### **CRANBERRY IN A CAPSULE**

Try one of these high-strength cranberry supplements to boost your intake and the benefits.



Swisse Ultiboost High Strength Cranberry,

\$23.95 for 30 capsules.



Bio-Organics Mega Cranberry MAX 50,000,

\$37.95 for 60 capsules.



BioCeuticals UltraBiotic Urinary Care,

\$38.95 for 30 capsules.



**Blackmores** Cranberry 15000, \$36.79

for 60 capsules.



Nature's Own Cranberry 15,000mg,

\$27.95 for 50 tablets.

#### HOW SHOULD I STORE CRANBERRIES?

"Fresh cranberries can be refrigerated for up to two months in a tightly sealed container and can be frozen in airtight bags for up to one year. Cooked cranberries can last up to a month in a covered container in the refrigerator," says Karuppiah-Quillen. You can keep cranberry seed oil for two years, she says, but store it away from direct light and heat. •

# Griller tactics

Time to update your outdoor cooking equipment? Here's our





ummer is well and truly here so why not get outdoors and fire up the barbecue? Long gone are the brick monuments to char-grilling – these days barbecuing is healthy, high-tech, clean and fast.

#### Why barbecue?

Barbecuing doesn't require a lot of additional fat to be added, says dietitian Melanie McGrice, so it's a healthier way to cook food. However, she recommends taking care to avoid burning your food.

"Research suggests that charring meat may increase the production of heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), which are believed to increase the risk of some types of cancer."

"You can reduce the risk of charring your meat by pre-cooking it or by using an acidic marinade such as lemon or vinegar," says McGrice.

#### What can you barbecue?

Almost anything! McGrice recommends choosing a variety of foods, including:

- \* Lean beef steak, rissoles made with premium mince, chicken kebabs, lean lamb cuts, fish, prawns, or if you have the right equipment you can rotisserie a larger piece of pork, lamb or chicken.
- \* Vegetables like corn on the cob, zucchini, asparagus, eggplant, mushrooms and capsicum.



#### goodnutrition.



#### SHOPPING FOR A NEW BARBECUE?

There's one for every style of cook. Read on to discover your perfect match.

#### Jumbuck Mini Spit Roaster

Cost: \$80

Suits: Entry-level charcoal spit enthusiasts with minimal space. Need to know: Spit roasting sounds great but is really for dedicated aficionados. Getting the coals just right is the biggest challenge, but the results are worth it.

**Ideal for:** Anything you can get on a spit but pork or chicken work well.

#### 2. Ziegler & Brown Triple Grill

Cost: \$629

**Suits:** Ideal for a couple or small family with limited space.

Need to know: A larger unit for people moving up in scale. It has three cooking areas and you can turn off the two side burners and use indirect heat to cook. It's also powerful enough to cook with the hood up if you want to put some caramelised criss-crossed colour on a steak. Ideal for: Steaks, marinated

ribs, roasts, pizza and fish.

#### 3. The Premium Beefmaster 4 Burner BBQ on Cart with Side Burner

**Cost:** \$800

**Suits:** A large family with a decent-sized yard.

Need to know: Features include large roasting window, cast-iron burners, hotplate and grills, and a double-skinned window roasting hood, which traps heat and keeps your meat juicier when cooking. Includes side burner for stir-fries.

**Ideal for:** Roasts, fish and tender marinated meat.

#### 4. Sunbeam Kettle King Outdoor Electric BBQ Oven

Cost: \$299

**Suits:** For the casual barbecue cook - when you have limited outdoor space and want the convenience of plug-in outdoor cooking instead of relying on a gas bottle or coals. Need to know: All you need is a power source. Coal and gas barbecues can only be used with good ventilation. If you haven't got that, an electric barbecue like this is ideal. **Ideal for:** Anything you can cook on a traditional kettle barbecue, including steaks, chops and sausages.

#### 5. Hibachi Oval Charcoal Barbeque

Cost: \$99.95

**Suits:** Charcoal enthusiasts. **Need to know:** This cast-iron workhorse uses wood, charcoal or briquettes. Let the wood burn down to embers before throwing on your ingredients. If you're using charcoal, then a chimney to get the coals started is a must (see Accessories That Make A Difference).

**Ideal for:** Kebabs, cutlets, steaks and vegetables.

#### 6. Weber Baby Q

Cost: Around \$300

**Suits:** Outdoor enthusiasts and small households.

Need to know: This barbecue mainstay can be used at home, or throw it into the car boot for when you're out in the bush or down at the beach. The Baby Q gives great value – a single 9kg gas bottle will cook 100 meals. Ideal for: Steaks, roasts,

**Ideal for:** Steaks, roasts, slow-roasting marinated pork ribs.

#### 7.Lifestyle 4-Burner Built-in BBQ

**Cost:** From \$2100

**Suits:** Family or the dedicated entertainer who enjoys outdoor cuisine.

Need to know: The built-in barbecue is for anyone looking to create an outdoor kitchen, but a licensed tradesman will be needed to connect the barbecue to the gas supply. Ideal for: Steaks, kebabs,

roasts – anything you'd usually cook in the kitchen.

#### Accessories that make a difference

**Charcoal Chimney Starter**, **\$29.95** Use with charcoal-fired barbecues only to get your coals burning faster.

**Beer Can Chicken Meal Roaster, \$39.95** A can of

beer is placed inside chicken to ensure barbecued chicken is moist inside and out.

**Fisharoo Grill Basket, \$19.95** This allows you to turn fish without worrying about it breaking up or sticking to the grill.

Bar-B-Chef Pizza Stone with Spatula, \$39.95

Turns your hooded barbecue into a pizza oven.

**Remote Thermometer, \$79.95** Allows you to gauge the temperature of your meat without lifting the lid.

All products by Bar-B-Chef, from barbequesgalore.com.au •







2 tablespoons Dijon

mustard

- 1 tablespoon brown sugar
- 1 tablespoon olive oil
- 2 tablespoons coarsely chopped fresh oregano
- 2 tablespoons coarsely chopped fresh flat-leaf parsley 2kg whole chicken
- 1. Place garlic, vinegar,

pan. Stir to combine.

- 2. Discard excess fat from chicken cavity.
- 3. Close the hood and preheat the barbecue with the burners set to high and the hood down, until hood thermometer reads around 200°C. Set up your barbecue for indirect cooking (see Indirect Cooking note on following page).
- 4. Turn chicken to coat in

chicken when cooked and cover to keep warm. Transfer cooking liquid to medium frying pan. Skim and discard fat from surface of cooking liquid. Bring liquid to the boil. Boil, uncovered, for 10 minutes or until sauce is reduced to half a cup. Drizzle chicken with the sauce. Sprinkle with remaining herbs to serve.

**SERVES 4** 



#### **CAJUN CHICKEN BURGERS WITH LEMON YOGHURT**

Preparation + cooking time: 30 minutes

- 2 chicken breast fillets 2 tablespoons Cajun
- 4 crusty bread rolls
- <sup>1</sup>/<sub>3</sub> cup yoghurt

seasoning

- 2 teaspoons finely grated lemon rind
- 1 medium tomato, finely chopped
- 1 shallot, finely chopped 1/2 small ripe avocado,
- finely chopped 50g mesclun
- 1. Close the hood and preheat the barbecue with the burners set to high and the hood down, until the hood thermometer reads around 200°C.
- 2. Cut the chicken in half horizontally and sprinkle all over with seasoning. Cook on heated oiled grills for 12-15 minutes or until cooked.
- 3. Meanwhile, cut rolls in half and toast, cut-side down, on oiled grills.
- 4. Combine yoghurt and rind in small bowl.
- 5. Combine tomato, shallot and avocado in small bowl. Season.
- 6. Sandwich mesclun, avocado mixture, chicken and yoghurt mixture between rolls.

SERVES 4 ▶





#### BEEF RIBS WITH MAPLE & SHERRY GLAZE

**Preparation + cooking time:** 40 minutes (plus refrigeration)

2 tablespoons finely chopped fresh lemongrass

- 3 kaffir lime leaves, finely shredded
- 1 teaspoon sea salt2cm piece fresh ginger,
- 2cm piece fresh ginger grated
- 2 garlic cloves, quartered
- 6 racks beef short ribs
- 3/4 cup sweet sherry 1/2 cup firmly packed
- dark brown sugar ½ cup pure maple syrup
- 2 tablespoons sesame oil1 tablespoon five-spice powder
- **1.** Pound lemongrass, lime leaves, salt, ginger and garlic in mortar and pestle until fragrant.
- **2.** Combine lemongrass mixture with remaining ingredients in large bowl.

Cover and refrigerate for 3 hours or overnight.

- **3.** Close the hood and preheat the barbecue with the burners set to high and the hood down, until the hood thermometer reads around 200°C.
- **4.** Remove ribs from marinade and transfer marinade to medium saucepan.
- **5.** Cook ribs on heated oiled grills for 10-15 minutes on each side. Season to taste. Remove ribs from barbecue and cover. Stand for 5 minutes.
- **6.** Meanwhile, bring marinade to the boil. Reduce heat, simmer, uncovered, for about 10 minutes or until thickened.
- **7.** Serve ribs drizzled with marinade.

**SERVES 6** 







Preparation + cooking time: 40 minutes

2 teaspoons sea salt flakes

1 tablespoon extra-virgin olive oil

2kg salmon fillet, skin on, pin-boned

2 tablespoons coarsely chopped fresh
flat-leaf parsley

2 garlic cloves, crushed
lemon cheeks, to serve

SALSA CRIOLLA

350g baby heirloom tomatoes, sliced
or quartered

250g cherry tomatoes, quartered

½ medium red onion, finely chopped

2 tablespoons extra-virgin olive oil

1 tablespoon red wine vinegar

⅓ cup loosely packed fresh coriander leaves

- **1.** Close the hood and preheat the barbecue with the burners set to high and the hood down until the hood thermometer reads around 200°C.
- **2.** Combine salt and half the oil in small bowl and rub mixture on skin-side of salmon. Combine parsley, garlic and remaining oil in a small bowl. Rub mixture on flesh side of salmon. Season.
- **3.** Barbecue salmon on oiled grills, skin-side down, with the hood closed for 5 minutes. Transfer to baking dish.
- **4.** Set up your barbecue for indirect cooking (see *Indirect Cooking*, opposite page). Roast with hood closed for 20 minutes or until cooked as desired. (Salmon is best served medium-rare in the thickest part.)
- **5.** SALSA CRIOLLA. Combine all ingredients, except coriander, in medium bowl. Season to taste. Just before serving, add coriander and toss to combine.
- **6.** Serve salmon with salsa criolla and lemon cheeks. **SERVES 8**



The Modern Barbeque,
Essential recipes for your
Ziegler & Brown Grill (\$29.95) is
exclusive to Barbeques Galore
retail outlets only. •



#### Vitamix S30

KITCHEN

STAR

A must-have blender for small kitchens or the office. The Vitamix S30 makes soups, dips, smoothies, dressings, frozen desserts and healthy drinks. It comes with a 1.2L container, plus two 600mL takeaway containers – and a seven-year warranty. \$845 for black, red, apple green and white, \$895 for brushed stainless steel. vitamix.com.au



#### **▼**MANGO

Nothing says summer in Australia like mangoes.

- ◆ Eat right now! Buy ripe fruit, without blemishes, from yellow to red in colour.
- For ripeness, let your nose be your guide. Eat as a snack while they're plentiful.
- ◆ Use in smoothies and cocktails or make fresh ice-creams and sorbet with the pureed fruit.
- ◆ Add mango chunks to curries, or to muesli.
- ◆ Use generously in chicken and seafood salads.
- ♥ Green (unripe) mango features in Thai mango salad.
- ◆ It pairs beautifully with pavlova.



#### Cookbook of the month

*Greek* by George Calombaris (Lantern, \$59.99).

MasterChef's George celebrates the food of his youth – as cooked by his mum and grandmothers. For example, there's Slow-cooked Lamb with Miso Eggplant, where the Greeks first steal eggplant from the Turks, and then George steals miso from the Japanese. It works! This joyous book is full of love and light.

#### **QUICK TIP**

Burrata is a Italian cheese made with buffalo mozzarella, wrapped around a rich, creamy centre. It's expensive so you can cheat a little. Try this for a similar effect: thickly slice mozzarella and mix gently with some beaten crème fraîche.

#### **HACKIT**

An innovative Scandinavian invention, the Hackit can mash potatoes, crush biscuits for a cheesecake base, and break up minced meat and onions in the pan for bolognaise. Choose from lime, violet, blue and black. \$19.95 from kitchenware shops and hackitaustralia.com.au.



#### Flavour saviours

Indian Free Range Chicken Soup is just one of the four mouthwatering soups in Pitango's new World Flavour range. \$7.50 for 600g.



#### Salt of the earth

McKenzie's Pinch Pots salt collection boasts four flavours including Sea Salt & Pepper Blend and Lemon & Thyme Sea Salt. Available from Coles, \$5 per pot.



#### Frozen treat

Bulla's new Frozen Greek-style Yoghurt comes in three delicious flavours: Blueberry, Honey, and Raspberry & Fig. \$7.49 per 1L tub.



"The 2016 Australian Women's Health Diary does more than organise, inform, inspire and motivate our lives everyday - it provides hope for a future without breast cancer.

Buy it for yourself, or as a gift for that special someone, and help support breast cancer research."

Lisa Wilkinson Today Show co-host, mother & wife.





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We came, we saw, we stretched. Thanks to diamond sponsor Holden, we let life in through working out.

The recent Health & Wellbeing Weekend saw us channel the high energy of Holden's Cascada – a sleek, soft-top convertable with some serious get-up-and-go. On Day One, during a fast and upbeat Xtend Barre session, we worked muscles that we didn't even know we had. And Day Two? A refreshing midmorning yoga class with Sydney-based hatha and vinyasa instructor Sophie Palmer.







# Travel Travel

→ EVERYTHING YOU NEED TO KNOW TO PROTECT YOUR HEALTH BEFORE YOU TRAVEL.





#### Introduction

Travel is good for you. It is linked to better learning and problem-solving skills, better relationships, and greater happiness. **This health handbook provides you with some simple steps you can take** to maximise your wellbeing for the duration of any journey.

#### Before you travel

Proper planning is the best way to stay healthy and safe while travelling. This is particularly important if you are planning a trip longer than three months, visiting poorer countries or have pre-existing medical conditions.

Begin by doing some homework about your destination. Check out any possible risks, health problems or security issues. A good place to start your research is the government's Smartraveller website where you will find the latest safety and health information for Australians travelling overseas.

Your health on an overseas journey depends on several things:

- Where you go.
- What you will be doing while you are there.
- Type of accommodation.
- Your health history.
- How long you will be away from home.

The risk of illness or injury is higher in resource-poor countries, but some advice applies to all travellers, regardless of destination.

The Department of Foreign Affairs and Trade encourages you to register your travel plans via the Smartraveller website before you leave Australia. The registration information you provide can help people contact you in an emergency and can also be used to pass on travel advice updates and other important information.

#### **Health check**

Before travelling overseas it is important to consider your physical and mental health. Many Australians are especially complacent about their health because they are lulled into a false sense of security by living in a country with excellent public health infrastructure.

When travellers catch tropical diseases on their travels, the most common comment is 'I had no idea about such and such'. Even if you are fit and healthy and planning a trip, what you don't know can hurt you. Just because none of your friends have caught hepatitis on their travels, it doesn't mean it doesn't happen.

If you have a current medical condition, you are pregnant, breastfeeding or travelling with small children, it's especially important to seek medical advice regarding the health implications of your travel.

- Make sure your routine medical care is up-to-date and discuss any niggling health concerns you may have with your GP.
- → Make sure you have ample supplies of your usual medications.
- → If you have any preexisting medical issues you should ideally carry a letter outlining this in 'medical speak' in case you need to see a doctor while you are away.
- → It is a good idea to schedule a visit with your dentist ideally make your appointment well before your departure date so that any necessary dental work can be done, and dentures, if necessary, are all in order.
- → Do you need a vision check? If you wear glasses, ensure you have a spare pair to pack and/or a copy of the

prescription so they can be replaced if lost or broken.

- Travel vaccines are an important part of pre-travel preparation. Ideally seek advice at least six to eight weeks before you depart; this allows time for vaccines to be effective and side effects to subside. Also, vaccinations done at the last minute may cost more.
- Routine childhood vaccinations should be up-to-date (see list, right). Measles, in particular, is very prevalent around the world, even in the so-called 'safe' countries. A free booster is available if you were born between 1966 and 1983 as you are likely to be under-vaccinated.

Whooping cough is also spreading in many parts of the world and the vaccine is available in combination with a tetanus vaccine.



Travel medicine specialists have extra training in this area and are up-to-date on current health risks in every country. Vaccinations, medical kits and other supplies are usually available on site. These services can also provide information on other less well-known but avoidable health risks from diseases like leptospirosis, hookworms, maggots and non-infectious hazards like deep vein thrombosis and car accidents.

#### **Vaccinations**

There are three types of vaccination: Routine, Recommended and Required. Routine childhood vaccinations should be current. Some are Recommended for your own health and safety. In some countries certain vaccinations are Required; if you do not have the required vaccination you may be refused entry, or vaccinated on arrival.

discuss your specific needs but the following general information may be helpful. **Routine vaccinations:** No matter where you are going it's recommended you check whether you are up-to-date with or need routine immunisations for diseases including:

Your travel doctor will

- Tetanus.
- Diphtheria.
- Pertussis (whooping cough).
- Measles.
- Mumps.
- Rubella.
- Polio.
- Varicella (chicken pox/ shingles).
- Hepatitis B.

- Influenza (flu).
- Pneumococcal disease.

All travellers should also consider influenza vaccination. Immunisation against flu and pneumonia is especially important for people with medical conditions such as asthma, respiratory and cardiac conditions, diabetes or anyone over 65 years of age.

If you are travelling to

developing parts of the world or other high-risk areas you will need to consider having other jabs. **Recommended vaccinations** are those that prevent illnesses that travellers contract from water, food, mosquito bites, animal bites and human contact, for example, cholera, hepatitis, tuberculosis, typhoid, rabies and Japanese encephalitis. **Required** 

**vaccinations** may be for yellow fever or meningitis.

While vaccines and other medications can help reduce the impact of these diseases, there are other things you'll need to prepare for and rules to remember to protect yourself and minimise your risks. These are outlined in the Healthy Travel Tips section.

#### **Insurance**

Overseas health costs can be very expensive in some places and are not covered by Medicare. Australians are strongly advised to take out travel health insurance.

The right kind of travel insurance is vital. A wide range of travel insurance policies are available so shop around to find the best policy to suit your circumstances. Ask lots of questions. Make sure your policy covers your

destination and the duration of your stay as well as any pre-existing medical conditions and any specific activities you might participate in. For example, standard travel insurance policies generally exclude 'dangerous' or 'extreme' activities such as rock climbing or skiing and scuba diving. In some cases you can pay more so you are covered for such activities.

Make sure your policy includes cover for emergency treatment, hospitalisation and repatriation to Australia and that the cover offered is adequate for possible expenses in the places you are going to visit.

### Organise all medications before departure

A prescription from your doctor in Australia usually cannot be filled overseas and familiar over-the-counter medications may not be available in other countries, so you'll need to carry an adequate supply for the entire trip – plus some extra in case your plans are disrupted.

Always check that the medicine is legal in the country you are visiting – you can do this by contacting the relevant embassy or consulate in Australia. If you have prescription medicines you will also need a letter from your doctor that includes the name of the medicine, how much you are taking and stating that the medicine is for your personal use.

All medicines should be kept in their original packaging, displaying your name and dosage requirements and carried in hand luggage. If you have to inject your medication it may be preferable to carry your own needles and syringes. Again, make sure this is acceptable by contacting the embassy of the country you are visiting and inform your airline before you travel.

#### **Medical kit**

A medical kit is a must for any traveller. The most commonly needed treatments are for diarrhoea, chest infection, pain and wounds.

The exact contents of your medical kit will depend on where you are going, how long you will be away, what you intend to do there and your medical needs.

#### Carry your important medical details

You should always carry basic medical information with you, such as:

- Ocontact details of your doctor and travel doctor clinic.
- Health and travel insurance details.
- Names and doses of all medications.
- List of allergies and chronic illnesses.
- Addresses and telephone numbers of hospitals and clinics near your destination.

If you have allergies or chronic illnesses it would be a good idea to wear an alert bracelet. ▶





#### ON THE MOVE

Here are some useful tips to ensure a smooth journey.



#### **Jetlag**

Jetlag is experienced after a long flight across several time zones. When you travel long distances rapidly your body's biological clock is disturbed. And until your body adjusts to the 'real' time at your destination you may experience fatigue, disorientation, sleep difficulties, impaired concentration and physical performance, anxiety, loss of appetite and constipation.

#### What you can do

Jetlag will usually disappear about three days after your arrival. There are, however, a number of ways to minimise the impact:

#### Plan ahead

- Start the journey in as relaxed a state as possible. Have a good sleep the night before flying and allow plenty of time to get to the airport.
- To very long flights plan a stopover, if possible. Try to arrange the itinerary so that you are flying into the night.
- Try to avoid making important commitments for the first 24 hours after arriving at your destination.

#### **During the flight**

Reduce alcohol and coffee intake to a minimum. Minimise

- dehydration by drinking plenty of water.
- Eat only when hungry.
- Wear loose clothing. Wear comfortable shoes and take them off in flight. If you are at risk of developing DVT (see Blood Clots, below) your doctor may advise you to wear circulation stockings.
- Try to sleep at the appropriate time for the time zone of your destination.
- Make sure you do some in-flight exercises.

#### When you arrive at your destination

- Adjust to your new time zone by exposing yourself to daylight. Bright light helps you to reset your body clock.
- Try to adopt your usual bedtime routine.
- If you need to take a nap during the day, keep it short.

#### Blood clots (deep vein thrombosis)

Airplane travel, especially long flights, may increase the risk of blood clots in the deep veins of the legs. This is known as deep vein thrombosis (DVT).

Although the risk of developing DVT is very low, the condition can be serious. Blood clots can break off and travel to the heart or lungs, which can be life-threatening.

Clots in the legs when travelling are more common:

- After 12 hours or more of flying.
- In the left leg.
- In very tall or short people.
- In people over age 50.

- In those storing their hand luggage under their feet.
- In people who consume excessive alcohol.
- In those who have had
- a clot before.
- In people who have had recent surgery or are in a plaster cast.

#### What you can do

Book an aisle seat so you can get up and out of your seat and move around the cabin without having to climb over people. Break long journeys with a stopover if possible.

If you think you may be at risk of DVT seek advice from your doctor. He or she may suggest you wear compression stockings to prevent swelling and help stimulate blood flow and/or prescribe a medication to help prevent blood clotting. Aspirin is of limited value in preventing clots in veins.

To prevent the development of DVT on long flights, doctors recommend you keep SAFE (Support, Activity, Fluids, Ensure no pressure) on the plane by remembering the following.

- Wear compression stockings if advised by your doctor.
- Keep active during your journey. Your airline's in-flight magazine or safety card will generally contain a set of simple exercises you can do while seated. Use stops to walk about.
- Travelling at altitude can be dehydrating so drink plenty of water. Limit alcohol and caffeine-containing drinks.
- Wear loose clothing and ensure there is nothing pressing on your calf muscles.

#### **Motion sickness**

Motion sickness results when the motion you see is different

from the motion sensed by your inner ear. It can occur in a car, train, airplane or boat. And once the symptoms (dizziness, nausea and vomiting) start, motion sickness can be tricky to stop.

#### What you can do

#### To prevent symptoms of motion sickness:

- ♦ Limit movement by choosing seats which offer the smoothest ride. In a car or bus sit at the front. In a plane sit in seats over the wing. On a boat try to get a seat near the middle or a central cabin on a cruise ship.
- Keep your head as still as possible.
- Recline in your seat.
- Restrict visual activity.
  Close your eyes or focus on distant objects rather than close objects. Avoid reading. Stimulating your other senses can distract you from the motion. Aromatherapy (lavender or mint), ginger or other flavoured lozenges may help.
- Make sure there is good ventilation.
- Avoid large meals.
- Medications can be used to prevent or treat motion sickness but many of them have the unwanted side effect of making you feel sleepy. Talk to your travel doctor.

#### Altitude sickness

If you plan to travel to destinations of high altitude – Nepal, Tibet, the Himalayas, the Andes, Mount Kilimanjaro and Mount Kenya or the Rocky Mountains – you need to take precautions against altitude sickness.

Altitude sickness is an illness that ranges from a mild



headache and weariness, to a life-threatening build-up of fluid in the lungs or brain at high altitude. It is caused when the body experiences high altitude too rapidly, not allowing it time to adjust to reduced oxygen and air pressure changes. This results in a lack of oxygen reaching the tissues of the body.

The most common form is known as acute mountain sickness (AMS), which usually occurs at altitudes beyond 2000m to 2500m. Symptoms include headache, insomnia, tiredness, and mild shortness of breath which develop over a few hours to a few days during the first one to two days at high altitude.

#### What you can do

The best way to prevent altitude sickness is to ascend slowly and this involves good planning. See the following:

- Allow one night for each rise at 500m above 2000m.
- Drinking plenty of water, avoiding alcohol, consuming a high-carbohydrate diet and moderate exercise is helpful to assist acclimatisation.
- Medications to prevent AMS are useful but should be used wisely in general it is much safer to rely on good planning and gradual ascent.
- If you are unwell assume it is AMS until proved otherwise.
- If you have AMS symptoms, don't go any higher.
- For AMS rest, fluids and simple analgesics are usually adequate to allow acclimatisation.
- Oxygen is occasionally required and descent considered if symptoms persist.

If travelling at high altitude you also need to consider the higher risk of UV radiation and hypothermia.

### TRAVELLER'S DIARRHOEA

Simple things like a change of water or climate, or a different diet, can play havoc with your bowel habits. A little bit of constipation or a few rushed trips to the toilet with no other symptoms are no cause for alarm.

Traveller's diarrhoea, however, is another thing. It typically starts abruptly with watery stools, vomiting and cramping. Traveller's diarrhoea is the most common illness to strike travellers and while it is rarely serious or lifethreatening, it can certainly make your trip unpleasant. It is usually caused by eating food or drinking water or ice that has been contaminated with micro-organisms.

#### What you can do

Most cases of traveller's diarrhoea resolve within four days without medical treatment. However, severe cases can lead to persistent bowel problems on your return in about 3 per cent of travellers.

It is vital to stay well hydrated. Ensure you drink sufficient amounts of fluid to replace the fluids and salts that you lose through bowel motions and vomiting. Checking your urine is a good way to tell if you are drinking enough. If you have small amounts of concentrated urine you need to drink more.

Drink small amounts often. If you don't you can become very unwell quite quickly, especially in a hot climate. Stick to a bland diet as you recover. You can also use a rehydrating solution to replace lost minerals and salts.

Most experts agree if you are going to areas where modern medical care is not readily available you should carry antibiotics and anti-motility medications for the self-treatment of traveller's diarrhoea.

Anti-motility medications don't cure diarrhoea but paralyse the bowel, so they decrease the frequency and urgency of needing to use the bathroom. They can sometimes make the problem worse, however.

There are books, for example, Travelling Well, by Dr Deborah Mills, that provide guidance on when to take what. The recommended use of an anti-motility medication depends on various factors such as your destination, age, allergies, other medical conditions or medications taken. If possible, see a doctor if diarrhoea doesn't settle, or you have a fever, blood or mucus in your stools or signs of dehydration. In certain situations antibiotics can shorten the attack of diarrhoea from four days down to one day.

The recommendation for how to prevent traveller's diarrhoea is summarised as – Boil it, Cook it, Peel it or Forget it. But even if you follow these rules, you can still get caught with gastro.



#### MOSQUITO-BORNE DISEASES

In some areas of the world, mosquitoes transmit diseases which can lead to serious illness and even death. It is imperative to take precautions to avoid mosquito bites (see Healthy Travel Tips). Two common concerns are malaria and yellow fever. Dengue fever is reported to infect one per cent of travellers to the tropics. Dengue may be hard to distinguish from malaria. This disease is carried by day-biting mosquitoes.

#### Malaria

Malaria is of most concern to travellers in tropical and subtropical regions. It is caused by an infection with a mosquito-borne parasite that is able to infect red blood cells. When an infected mosquito bites, the parasites travel rapidly to the liver, where they develop over a period of about a week before emerging in the blood to cause symptoms.

Classic symptoms of malaria include fever and a flu-like illness especially with chills, headache, muscle aches or abdominal pain. Sometimes vomiting or diarrhoea may occur. There may be anaemia and jaundice (yellowing of the skin and whites of the eyes). However, symptoms can vary.

#### What you can do

If you are travelling to a malarial zone you will generally be recommended to take daily or weekly anti-malarial medications to stop you getting sick. The medication your travel doctor recommends will depend on many factors including the area you are planning to visit, the risk of exposure to malaria-carrying mosquitoes, side effects of medication and your medical history.

Anti-malarial medications do not prevent you from being infected but they kill the malaria parasites during their developmental stage, reducing the risk of you becoming very ill.

Seek medical help immediately if malaria is suspected, as without treatment the disease can rapidly become very serious – or even fatal.

If you are travelling to isolated areas without access to medical care, your travel doctor may recommend you carry a treatment dose of medication for use if symptoms occur. It is vital you take anti-malarial medication as prescribed.

#### **Yellow fever**

If you are travelling to Africa, the Caribbean, Central or South America you should be aware of the risk of yellow fever virus transmission and how to protect yourself from infection.

Some infections can be mild but most lead to serious illness characterised by two stages. In the first-stage fever, muscle pain, headache, weakness, nausea and vomiting occur. About a quarter of those with yellow fever progress to the toxic stage, of which half will die from heart, liver and kidney problems and bleeding (haemorrhaging).

It is called 'yellow fever' because in serious cases the skin turns yellow (jaundice).

#### What you can do

There is no specific treatment for yellow fever. Prevention is the only answer: getting a yellow fever vaccine before travelling to an area where the virus exists can protect you from the disease. With a few exceptions vaccination is recommended for all travellers to countries or areas where there is a risk of yellow fever transmission. People over 65 may not be recommended vaccination.

Yellow fever vaccinations must be provided by an approved yellow fever vaccination clinic. A yellow fever vaccination certificate is considered to give life cover to most (healthy) people.

#### **COMMON CONCERNS**

No matter how far or wide you are travelling, the following self-care measures may come in handy.

#### **Blisters**

Most blisters form from repeated intense rubbing on a small area and are commonly caused by ill-fitting shoes or poor sock choice.

#### What you can do

- To prevent blisters wear shoes that fit well and use moisture-wicking socks.
- At the slightest sign of irritation, tape areas with a Blister Block Band-Aid.
- If the blister isn't too painful try to keep it intact as the risk of infection is reduced when skin remains unbroken.
- To relieve blister-related pain, use a sterilised, sharp needle to puncture the blister near its edge to drain the fluid while leaving the overlying skin intact.
- Over the blister with an adhesive bandage.

#### **Bites and stings**

Aside from transmitting serious disease, insect bites and stings can be painful and

annoying and can lead to skin infections.

#### What you can do

- If you are bitten, avoid scratching and apply hydrocortisone cream or calamine lotion to reduce itching.
- A sting-relief spray will ease symptoms and ice-packs will reduce pain and swelling.
- If a bee stings you and it leaves a stinger behind, remove the stinger with tweezers or scrape it off as quickly as possible.
- If you find a tick, remove it as soon as you can. Use fine-point tweezers to grab hold of the tick as close to the skin as possible. Gently pull the tick straight out (without twisting) with steady pressure, being careful to remove the whole tick. Seek medical advice in some countries as ticks can carry disease.
- Leeches may be present in damp rainforest conditions and attach themselves to your skin to suck your blood. Salt,

salt water or vinegar will cause an actively sucking leech to fall off.

- Once a tick or leech has been removed, clean the area with antiseptic or wash with soap and water. If the area of the bite or sting is very swollen, very red or you notice breathing difficulties, this could indicate an allergic reaction that will require urgent medical attention.
- If you are bitten, scratched or even licked by an animal in a rabies-infected country, you need treatment ASAP. Wash the wound gently with soap and running water for five minutes – do not scrub and arrange for a post-bite rabies vaccine. Even if you were bitten a few days or weeks ago it is never too late to be vaccinated. The rabies virus can incubate for several years before it causes symptoms. There is no treatment for established rabies - it is fatal.

#### Coughs, colds and chest infections

Coughs, sore throats and the sniffles are relatively common maladies in many parts of the world. Viruses mostly cause upper respiratory tract infections; however, bacterial infection can occur, resulting in more serious illnesses such as sinusitis and pneumonia.

#### What you can do

Be familiar with signs and symptoms so you can take appropriate action. These include:

A runny or blocked nose, sore throat and cough would suggest a cold. If accompanied by a temperature, muscle aches and pains, you may be fighting the flu.

- A cough producing green-yellow sputum is likely to be bronchitis or a bacterial infection.
- A runny nose with sneezing and itchy eyes is likely to be allergy rather than infection.

While most respiratory tract infections will subside on their own, you need to seek medical advice if any of the following develop:

- A temperature over 40°C.
- Ocopious green or vellow sputum.
- Severe sore throat and swollen glands.
- Prolonged illness for more than seven days.

If you suspect you have the flu, seek medical advice as soon as possible.

- Talk to your doctor about including medications to relieve the symptoms of respiratory tract infections such as decongestants or antihistamines in your medical kit.
- Colds and flu can be avoided by frequent, careful hand washing, not touching your eyes, nose or mouth unless your hands are clean and avoiding prolonged exposure to people who have colds.

#### Fungal skin infections

Fungal infections occur more commonly in hot weather. These infections are usually found between the toes (athlete's foot), around the groin area and on the body (ringworm). Moisture encourages fungal skin infections which means you are more likely to pick one up if you don't dry your skin properly after bathing or if you are sweating a lot.



#### What you can do

To prevent fungal skin infections:

- Wash frequently and dry your skin carefully after bathing.
- Wear loose-fitting, comfortable clothing.
- Ochoose socks and underwear that allow your skin to breathe.
- Wash and change clothes and underwear, bed linen and towels often, and dry well.
- Wear thongs in communal change rooms and showers and around swimming pools.
- If you do get a fungal skin infection, keep the affected area clean and dry. Apply an antifungal cream or powder, following the directions on the pack.

#### **Thrush**

Candida infection or vaginal thrush is common in hot, humid environments. Wearing tight clothing and synthetic materials can exacerbate the problem. Antibiotics, including the anti-malarial doxycycline, also predispose you to thrush.

#### What you can do

- Wearing cotton underwear may help prevent thrush.
- Medication (pessaries and cream) for the treatment of thrush is not always available

so it might be worth packing some in your medical kit so you can treat it promptly.

#### Cystitis/urinary tract infection

Some women experience cystitis (inflammation of the bladder) or urinary tract infections when travelling. This is often because people don't drink enough water while travelling. These infections are most often caused by bacteria that are normally found in your colon and rectum.

#### What you can do

- As soon as you suspect you might have cystitis (symptoms include an urgent need to urinate more frequently, plus urination may be painful) increase your fluid intake each time you empty your bladder you wash out some of the bacteria causing the infection.
- Simple painkillers and drinking mixtures that change the acidity of your urine can be helpful. If these measures don't do the trick in 24 hours you'll need to seek medical advice.
- Maintaining good personal hygiene and wearing loose-fitting clothes and cotton underwear can help prevent these infections. ▶



#### HEALTHY TRAVEL TIPS

Here are some tips to take on board, particularly if you are travelling to a developing country, a destination where food and water quality is questionable, or where insects bite.

#### **Water and food** safety

- Wash your hands (or use a hand sanitiser) often and always before handling and consuming food.
- Watch what you eat. Avoid uncooked food including salad. Only eat fruits and vegetables you can peel if eating them raw.
- If you are not sure how safe your drinking water is, bring it to a vigorous boil for one minute. If you are going on a trip where boiling water may not be possible, pack water-purification tablets.
- Don't put ice in drinks.
- Bottled water is often a safe choice – but always check the cap is sealed.



#### **Protect yourself** from insects

- Use an insect repellent containing 30 per cent diethyltoluamide (DEET) or 19 per cent picaridin. This can be sprayed on exposed skin and lasts several hours. Always follow directions and reapply as directed. If you are also using sunscreen, apply sunscreen first and insect repellent 20 minutes later.
- Wear long trousers and long-sleeved shirts when insects are biting.
- Use nets or stay in screened or air-conditioned accommodation.
- If you are travelling to a high-risk area consider using clothing and gear treated with permethrin (mosquito repellent).

#### Be aware

- Be mindful of local customs, respect the rules and stay alert for your own safety.
- Avoid displaying money and valuables as it can make you an obvious target for criminals.
- If travelling alone, stay in mainstream public places where possible and always ensure someone is aware of your itinerary.

#### Play it safe

- Use a sunscreen.
- Wear seat belts.
- Observe road rules.
- If you are going to ride a bike or moped, wear a helmet.
- Don't accept drinks from strangers.
- Practise safe sex always use a condom.

#### First aid

No matter where or how far vou travel, a first-aid course is always a good idea before you go. Knowing basic first aid such as how to clean and dress a wound, or remove a tick, may help prevent infection and further complications. Knowing what to do in an emergency can save a life.

#### When you return

Sometimes an illness you are exposed to when you are overseas doesn't become apparent until after you return. If you become unwell in the weeks after you return to Australia see your doctor if you are concerned and especially if you experience any of the following symptoms:

Persistent vomiting and/or diarrhoea.



- Stomach pains.
- Dark coloured urine.
- Swollen glands.
- Unexplained skin rashes or lumps.
- Coughing or difficulty breathing.

#### Useful contacts

TRAVEL MEDICINE **ALLIANCE** 

1300 42 11 42 travelmedicine.com.au

THE TRAVEL DOCTOR TMVC

traveldoctor.com.au

**SMARTRAVELLER** 

smartraveller.gov.au

**IMMUNISE AUSTRALIA PROGRAM** 

immunise.health.gov.au

ST JOHN AMBULANCE **AUSTRALIA** 

stjohn.org.au

**AUSTRALIAN RED CROSS** 

redcross.org.au

**WORLD HEALTH ORGANIZATION TRAVEL AND HEALTH** 

who int

**NPS MEDICINEWISE** 

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## talking SHOP

The choice of the best buys in store this month from ...



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Always read the label. Use only as directed. CHC 70008-07/14



#### Support healthy hair, skin and nails

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Always read the label. Use only as directed. CHC71041-09/15





#### Intimate Wash

Skin all over the body can suffer from dehydration. Vagisil ProHydrate® Intimate Wash contains moisture-infused cleansers to keep sensitive, intimate skin hydrated, nourished and supple. RRP \$6.49. vagisil.com



#### Reach out and help

One in five Australians is dealing with a mental health issue. If you're worried about a friend or family member visit mindhealthconnect.org.au to learn how you can help.

# good look

inspiring fitness, beauty and fashion solutions for every woman







# STORES OF SMG

#### Leave all your apps and trackers at home.

"Tracking your runs every time can cause you to lose the joy of running," says Edwards. "Once in a while just go out and run as you feel and cover the distance you want to. Doing that every now and again reminds you that running feels good, which then improves your performance."

GET MORE FROM PILATES

• Focus on the last 5 per cent of any move. "This is normally the most important part of any Pilates move but often we spend the least amount of time on it – focus right to the end of every movement," says Edwards. "Also, carefully control any change in direction – don't use momentum to help you move."

#### Buy some Pilates socks.

"These look like regular socks but have a grippy sole," says Pilates trainer Kris Etheridge. "They stop you slipping when doing moves or using equipment like the Reformer. This allows you to effectively do more daring exercises without feeling like you might slip and hurt yourself." Find non-slip socks at moveactive.com.au.

#### Lengthen the spine.

"Too often we focus just on what our arms and legs are doing and take our focus off lengthening the spine, but this activates the multifidus muscles between each vertebrae, helping further improve posture, strength and balance," says Edwards.

• Rest. "People often forget that Pilates is a musclestrengthening exercise – and that muscles build when we rest them, not as we work them," says physiotherapist Michael Dermansky from MD Health Pilates. "Take a day's break between classes"

### BUILD UP YOUR STRENGTH TRAINING

• Do some jumping moves before you start.

Your muscles rely on electricity to move – the power is controlled by the central nervous system and jumping moves switch this on. "This helps light up your muscles for the rest of the session, allowing you to lift heavier weights and get more from your workout,"

says strength and conditioning coach Rob Jackson. The simplest move to do is to get a bench or plyometric box and jump on, then off it 10 times.

• Do weights before cardio. This has a double effect, explains personal trainer Tom Fitzgerald from Integrated Fitness Nutrition. Not only will you be able to lift more as your muscles aren't tired but high-intensity resistance training stimulates hormones that mobilise fatty acids into the blood, he says. "You then burn these for fuel during your cardio training, powering this up as well."

• Lift the heaviest weight you can. "Heavy weights will not make you bulky," says Queensland-based strength coach Joseph Agresta. "Warm up with a few sets of a lighter weight, then pick a weight that measures seven out of 10 – if 10 was a truck and one is a feather. Now aim to do 4-8 reps with that weight. If at the end you couldn't manage to lift any more, that weight is spot-on for getting results."

• Learn to hip hinge. If you are starting to lift heavier weights, this move will reduce your risk of injury, says Sydney trainer Dylan Rivier. It stops you putting unnatural pressure on your lower back as you do moves like deadlifts. "Engage your core then, with knees slightly bent, push your hips backwards, keeping your spine neutral. This is the position from which you should lift." ○

#### POWER UP THAT BOOTCAMP

• Get comfortable with being uncomfortable.

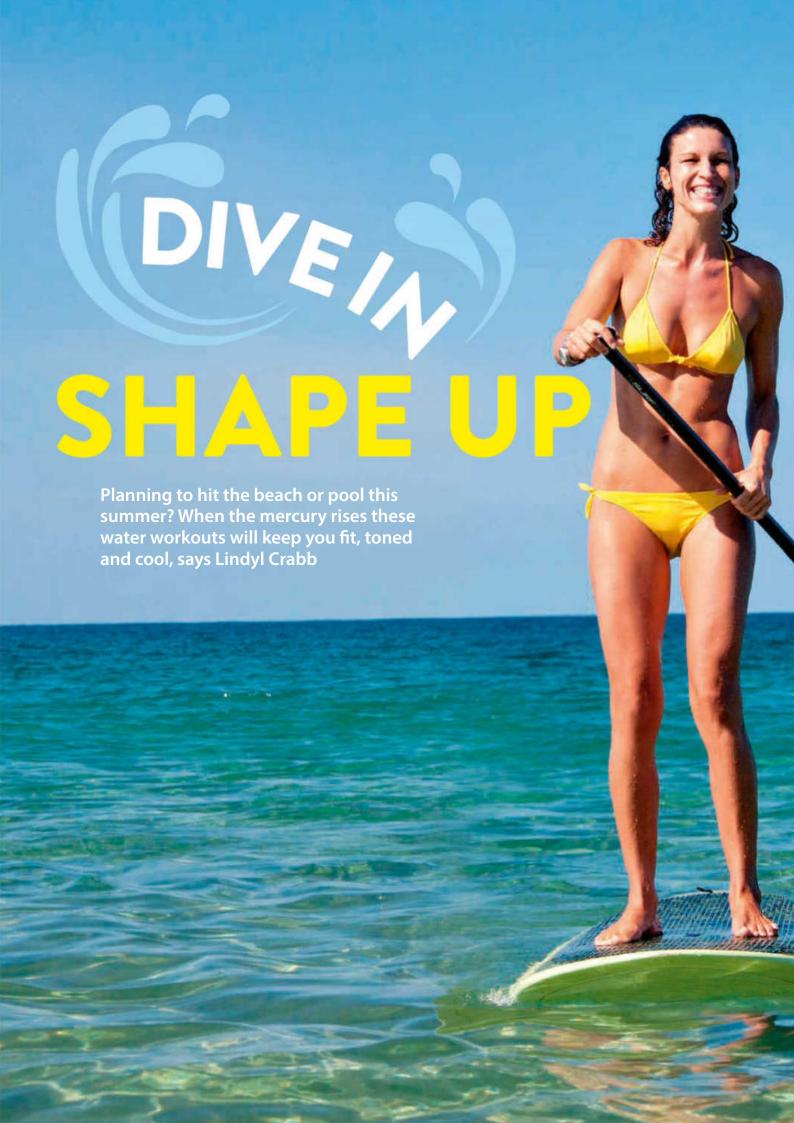
"There's a quote from Muhammad Ali which says, 'When I feel pain, that's when I start counting because that's when it really counts.' If you can also push through the discomfort barrier even just by one or two reps you'll dramatically improve your performance," says performance and lifestyle coach Blake Worrall-Thompson.

Start hard. "Be the first person in the relay race, do

- Start hard. "Be the first person in the relay race, do a few push-ups on your toes even if you drop back down afterwards you don't have to stay at the front, or maintain the hardest move the whole time, but the headstart will keep you improving. Starting last will always make you feel lethargic and more prone to giving up," says Ali Cavill from training company Fit Fantastic in Sydney.
- Find someone 40 per cent better than you.

That's the point at which a partner motivates us to work harder, say studies. "There's nothing better than having a training partner who is fitter, faster or stronger than you," says Worrall-Thompson. "If you're the best in the room you're in the wrong room."

Use a heart-rate monitor. "If you've reached a plateau this can tell you if you're truly working hard enough to be getting results," says Cavill. To improve fitness you should be trying to work up to sessions where you reach 85 per cent of your maximum heart rate.



#### STAND-UP PADDLEBOARDING (SUP)

#### FOR FITNESS TRENDSETTERS

"It's a euphoric feeling, standing up and cruising over the water," says Dave Bell, founder of OZ Stand Up Paddle Centres. Stand-up paddle is a popular water sport that involves standing on a large board with a long canoe-like paddle to propel yourself.

"It's low impact so people of all ages can do it. You don't have to be the fittest to be good at it," says Bell. But don't be fooled by its blissful appearance. "A relaxed cruise can burn 1255kJ and an hour at a high intensity will burn 3347kJ," he says.

Paddling while staying upright works your arms, core, calves, obliques and back.

It builds better balance, relieves tension and can be a great recovery training session.

#### **TIPS FOR BEGINNERS:**

- ➤ Learn the right technique and how to avoid injury at an accredited SUP school. Visit academyofsurfing.com.
- > Boards are measured in feet and inches. Look for one that measures between 10ft to 11ft (305cm to 335cm).
- > Start on calm, shallow water before tackling waves.

#### **SUP YOGA**

#### DOB OCEAN LOVING YORK

If you want to take your SUP experience to the next level, try a downward dog on your board and you've got SUP yoga. Ocean lovers may find that practising yoga while floating on calm water on a paddleboard feels more rejuvenating than doing it in a studio. "SUP yoga changed my life," says Charlotte Piho, director of Workout on Water SUP yoga school. "One of the key benefits is it targets your core. You'll get your stomach in the best shape of its life," she says.

Changing poses on an unstable surface requires more control so your muscles will work harder and this can make you aware of imbalances that may go unnoticed on the ground, says Piho. It also helps refine your form and improves your body's alignment.

#### **TIPS FOR BEGINNERS:**

- > Don't fear falling in the water. The sooner you relax and have fun, the less likely you are to fall in.
- Use a board that's no longer than 11ft (335cm) and no less than 30 inches (76.2cm) wide, with a padded surface.
- > Take lessons from a qualified SUP ▶



PHOTOGRAPHY GETTY IMAGES / STEPHANIE RAUSSER/TRUNKARCHIVE.COM/SNAPPER MEDIA

yoga teacher who holds a First Aid certificate. Visit academyofsurfing.com.

#### **AQUA CYCLING**

#### FOR CARDIO JUNKIES

This is the H20 version of a gym Spin class where you'll pedal on a stationary aqua bike, chest deep in a pool. Cycling below the surface has several advantages.

"The water adds a constant resistance so you'll work harder than you would doing a cycling class on land," says Russell Fine, director of Aquabuzz. "And the water keeps your core temperature down so you can work harder and for longer."

The buoyancy of the water allows you to try a wider variety of positions on your bike and supports your body weight so you're less likely to hunch over your handlebars. It's also low impact, so you'll improve your cardiovascular endurance without putting stress on your muscles and bones.

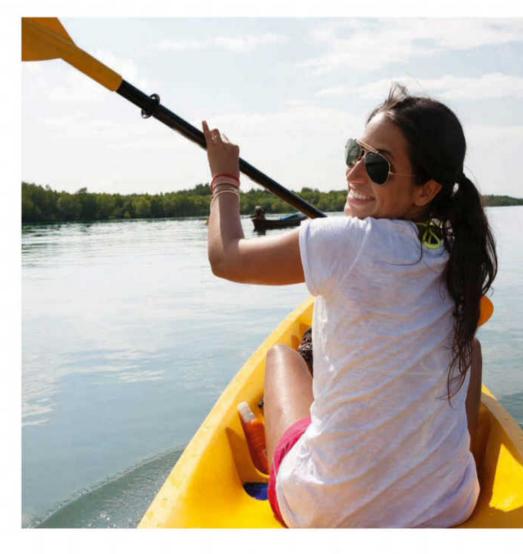
#### **TIPS FOR BEGINNERS:**

- Swimmers, board shorts and rash vests are all acceptable so wear what you're most comfortable in.
- ▶ Pedal to the beat. Classes are choreographed to music to help you get the most out of your workout.
- > You can find details of aqua cycling classes around Australia at aquabuzz.com.au.

#### **AQUA AEROBICS**

#### FOR SOCIAL BUTTERFLIES

A typical 45-minute aqua exercise class involves performing aerobic moves in a



pool to music. Most classes are held in chest-deep water, so it's easy to interact with others.

Aqua aerobics is an ideal form of resistance training, because you're working against the hydrostatic pressure of the water, according to Judi Mead, national group fitness manager at Fitness First. "Aqua aerobics will increase your heart rate, reduce your blood pressure and improve your fitness," she says.

It's low impact so it's gentle on joints and ideal if you have an injury. As well as working against the water, you'll use equipment like aqua dumbbells to add more resistance. Your local pool or gym may offer a variety of classes including Aqua Zumba which adds dance moves and Latin music to the routine.

#### TIPS FOR BEGINNERS:

- > Ask for a buoyancy belt if you're not a confident swimmer.
- > Bring a swimming cap.
- Make your workout more challenging by making some small changes, such as using a flat palm with your hand as you push the water.

#### SURFING

#### FOR WAVE LOVERS

"It's not an easy sport to master, but with commitment and effort the rewards are huge – just ask the millions of surfers around the world," says former pro surfer Richie Lovett.

Each element of surfing strengthens your body. Paddling works the arms, back, neck





and shoulders. Standing on your board engages your core and legs. Jumping to your feet to catch a wave, which is called a 'pop-up', is similar to a burpee and works your entire body while building coordination and balance. Combine this high-energy anaerobic workout with the sun and salt water and it's no wonder Lovett says "surfing feeds the soul".

#### **TIPS FOR BEGINNERS:**

- ▶ Practise moves like 'popping up' on land before attempting them on water.
   ▶ Start on a soft board, riding waves that are no bigger than waist height.
   Once you've got the hang of it, try a hard fibreglass board.
- Surf lessons will teach you technique and show you how to read the ocean and waves. Visit surfingaustralia.com.

#### KAYAKING

#### FOR LAIDBACK CRUISERS

Explore your local waterways and meet new people, all while you get a killer workout. Kayaking allows you to go at your own pace, but no matter how fast or slow you take it, paddling through the water requires stamina and improves your endurance, says world champion slalom canoeist Rosalyn Lawrence. According to Lawrence, it's a great aerobic workout and rotating your body with each stroke works your arms, back and core, so you'll be on your way to a toned torso.

#### **TIPS FOR BEGINNERS:**

- Start on calm, protected water to get the hang of steering.
- > Always wear a life jacket and a good



quality sunscreen. Choose a light long-sleeved shirt in summer and warmer fabrics like neoprene in winter. Ask your local kayak retailer or kayak club if they offer guided tours or beginner lessons.

#### KITESURFING

#### FOR THE ADVENTUROUS AT HEART

Kitesurfing is a wind-powered water sport that challenges the mind and body. Using a board to stand on, you're strapped into a harness connected to a parachute-sized kite that uses the wind to propel you across the water – no waves necessary. It's so exhilarating you may not notice the full body workout you're getting.

"Half an hour of kitesurfing feels like going for a swim in the ocean, two hours feels like you've run a marathon," says Jamie Symons, instructor at SkyHigh Kitesurfing. You'll also need courage – mastering this sport means overcoming your fear of losing control.

#### **TIPS FOR BEGINNERS:**

- A moderate level of fitness is required to control the power of the kite.
- Wear sun protection, a rash shirt or wetsuit, a safety vest and a helmet.
- Don't attempt kitesurfing solo or you could risk injury. Take lessons with a qualified teacher. For details, visit ikointl.com. ○









# TOGHT TOGH

STAY FRESH-FACED THIS SUMMER WITH A MAKE-UP LOOK
THAT'S MINIMAL YET GROOMED AND GORGEOUS

What's the look of the season? Pared-back make-up that uses lighter formulas, clever tricks and just the right amount of glow-getting radiance. Here is your guide to achieving that natural, barely-there make-up look.

#### COLOUR CORRECT

Your ultimate goal is to look like you've just woken up fresh-faced, so start by evening out your skin tone and counteracting dark circles and discolouration with a sheer foundation, CC cream or blur cream. What's the difference? Sheer foundations provide colour and light coverage, CC creams target discolouration like redness, and blur creams use light-diffusing pigments rather than colour to create a naturally even finish. Any of these options will work well – it just depends on how little coverage you're comfortable with.

Follow up with a concealer around your nose and under your eyes – the most common areas of discolouration – before applying a thin layer of eye primer to your eyelids to create a perfectly uniform finish across your entire face.



WE LIKE: Rimmel Match Perfection Foundation SPF20 (1), \$18.95, for its natural, hydrating formula; YSL Touche Éclat Blur Primer (2), \$68, to create an even finish; and M.A.C Lightful C Tinted Cream SPF30 With Radiance Booster (3), \$49, to correct an uneven skin tone and increase natural radiance. ▶



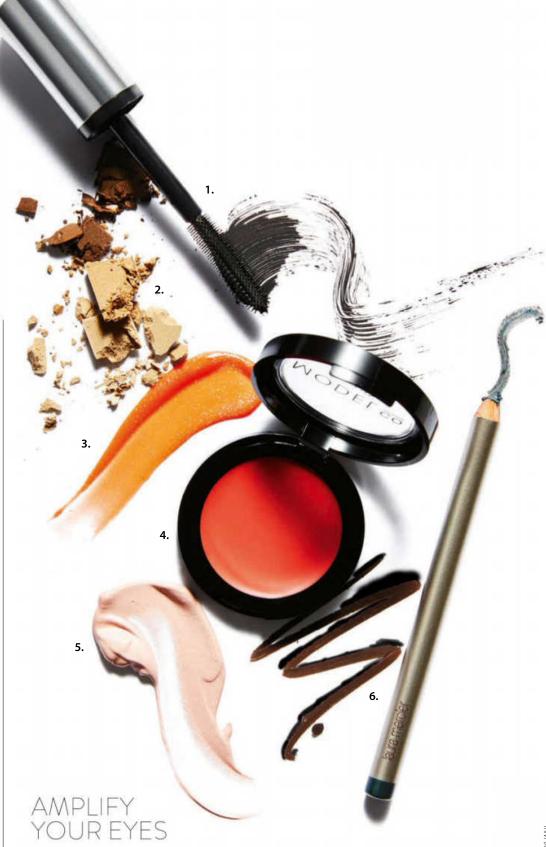
#### BRIGHTEN UP

Add warmth and radiance to your complexion, by dabbing a pink or natural shade of creme blush onto the apples of your cheeks and on the ridge underneath your cheekbones. Then blend a highlighting cream along the top of your cheekbones for instant definition. Use a light touch, and don't forget to blend the two products together for a natural, seamless finish.

Next, take the highlighter along your brow bone and onto the bow of your lips, following up with a sheer gloss on your lips to tie the look together.

WE LIKE: ModelCo
Crème Rouge Cheek &
Lips (4), \$22, to naturally
enhance your cheeks
and lips; Bobbi Brown
Face Highlighter (5),
\$72, for instant sheen;
and Elizabeth Arden
Beautiful Color
Luminous Lip Gloss
in Imperial Shimmer
(3), \$34, to nourish your

(3), \$34, to nourish your lips and add a subtle hint of colour.



Adding just the right amount of definition to your eyes prevents you looking washed out, so start by dotting a black pencil eyeliner along your lash line. The dots – rather than a continuous line – subtly enhance your lash line but can barely be seen, making it the ideal trick for this look. Finish off with a few coats of black mascara, before using a brow powder to fill in your brows. The result? Naturally enhanced eyes that frame your features.

WE LIKE: Laura Mercier Eye Pencils (6), \$30, for a smooth, creamy option that stays put, Clinique Chubby Lash Fattening Mascara (1), \$35, to add volume to your lashes, and Revlon ColorStay BrowMaker (2), \$25.95, to shape and fill in your brows. •



Create your most beautiful look with the latest make-up brushes from EcoTools.

This award-winning range of cosmetic brushes has everything you need to enhance your natural beauty. They feature incredibly soft bristles, sustainable bamboo, recycled aluminium handles and are 100% cruelty-free. #needecotools.





MEET THE AUSTRALIAN BEAUTY ICONS TAKING THE WORLD BY STORM

Australia is home to some of the world's most popular beauty brands, offering high-quality products that really work. Here are the heroes of the show.

#### Al'chemy Ginkgo & Jojoba Intensive Moisture Hair Masque, \$19.95 (1)

This award-winning hair masque from all-natural brand Al'chemy turns dry, dull hair around with every application. Apply it to clean, damp ends once or twice a week for instant hydration and a smooth finish.

#### Becca Shimmering Skin Perfector in Opal, \$66 (2)

Becca is known for its lightweight formulas and glow-getting products, but this liquid highlighter tops the list. With light-reflecting pearls and the mineral mica to add radiance, it's ideal for enhancing the high points of your face.

#### Sodashi Brightening Marine Mineral Mask, \$110 (3)

Known for its hardworking formulas, Sodashi has quickly become an international sensation. For instant firming, toning and an all-over glow, look no further than this best-selling mask.

#### Sukin Hydrating Mist Toner, \$9.95 (4)

With an alcohol-free formula, this combines chamomile and rosewater to help soothe, tone and cool tired skin.





serum is hailed as one of the brand's best products, aiming to improve skin texture, reduce fine lines and boost skin radiance.

#### MV Organic **Skincare Rose Plus** Booster, \$99 (8)

If awards are anything to go by, Australian brand MV has taken out some of the most prestigious in the industry. This double award-winning oil helps balance hormonal skin, calm inflammation and soothe irritation. Apply it as needed when your skin flares up.

#### **Kora Organics** Luxurious Rosehip Oil, \$44.95 (9)

Kora Organics is the brainchild of Australian model Miranda Kerr, offering organic skincare created from ingredients like noni extract and rosehip to replenish the skin. Their best-selling rosehip oil nourishes and repairs tired, ageing skin.

#### **Nu'trir Hydrating** Mineral Day Cream, \$39.95 (10)

New to the Australian beauty market, Nu'trir products are free from nasties like parabens and sulphates. Packed with antioxidants, superfoods and vitamins, this day cream is a great choice – slather it onto clean skin in the morning for all-day hydration. 0

#### hydration and make-up that stays put.

**Nude By Nature Pressed Matte Mineral** Bronzer, \$39.95 (6) As the top mineral

make-up brand in Australia, Nude By Nature's success continues to soar since the launch of this bronzer. The universally flattering shade offers a warm matte finish.

#### Jurlique Herbal Recovery Advanced Serum, \$79 (7)

Jurlique's focus on plant-based ingredients offers serious skincare benefits. This brightening



## YOU WEAR IT WELL

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Perfect size!



FRENCH CONNECTION SHOES, \$129.95



WITCHERY CLUTCH, \$119.95





STOCKISTS: SPORTSCRAFT sportscraft.com.au | TRENERY trenery.com.au | EB & IVE ebandive.com.au | SEIKO seiko.com.au | WITCHERY witchery.com.au | FRENCH CONNECTION frenchconnection.com.au | JETS BY JESSIKA ALLEN jets.com.au | SEAFOLLY seafolly.com.au | NINE WEST ninewest.com.au | BAKU bakuswimwear.com.au | LIPSTIK SHOES lipstikshoes.com.au

PT TO THE
STARS, BLAKE
SHARED HIS
TRIED-AND-TESTED
SECRETS TO
NAILING THE
TRICKY BALANCE
OF NUTRITION,
EXERCISE AND
A POSITIVE
OUTLOOK.











## TAKING THE HOLISTIC APPROACH

Blake Worrall-Thompson, founder of 6 Weeks To Sexy, imparted his words of wellbeing wisdom.

At the recent Health & Wellbeing Weekend, Blake Worrall-Thompson gave us the boost of body-loving motivation we didn't even know we needed. The Bondi-based personal trainer (who's responsible for *The Bachelorette's* Sam Frost epic bod) gave an inspiring presentation, sharing his methods of applying holistic methods to fitness and wellness, and making us all want to sign up for 6 Weeks To Sexy, ASAP.

BWT
BLAKE WORRALL-THOMPSON

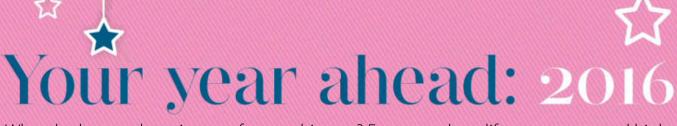




## wellbeing

alternative ways to be good to your mind, body and soul





What do the stars have in store for you this year? From your love-life, career, personal highs and professional challenges, we discover what's coming up. By Yasmin Boland



#### LOVE AND RELATIONSHIPS:

There are some major changes afoot for you in the coming year. Firstly, late March brings a Full Moon eclipse in your Love Zone. One love cycle is ending for you. So if you're in a toxic relationship, it might break up around then. And if you're in a great relationship that's the time it will go to the next level, such as moving in together. If you've been pining over an ex, that's the time to cut the emotional cords.

September then ups the stakes as lucky planet Jupiter also moves into your Love Zone, in this case for the first time in more than 10 years. Singles have a better choice of lovers than you have had in ages. Happy couples get some respite after ups and downs. Unhappy couples? They may make a bid for freedom!

ARE YOU IN LOVE WITH AN ARIES? The last third of the



year could be the best times you have had together in literally years and years.

**CAREER POTENTIAL:** With Pluto in your Career Zone you are still arguably the sign most likely to succeed. However,

you have to overcome any negativity coming at you via your boss, clients or colleagues. And you have to work for the good of all or not at all, when it comes to climbing the success ladder. As soon as you become obsessed or selfish professionally, the whole thing can come tumbling down. Mid-March and the end of June look like high points, so factor those timings in when setting up project schedules.

THE BEST THING ABOUT 2016 FOR ARIES: From September 9 onwards your love-life is far more likely to bring you joy and happiness than it has

MAKE A WISH IN 2016:

February 9, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "I am lucky in love, and in all of my relationships!"



#### **LOVE AND RELATIONSHIPS: This**

year it's really all about what is no longer happening in your love-life, which is that Saturn, the most tedious planet of the zodiac, is no longer making your relationships so jolly difficult!

If you have had a rough trot romantically for the past few years, or had to go above and beyond for your partner, or felt very sad, and/or badly treated, that cycle over. All that remains is for you to adjust your mind-set.

May and June are peak periods for relationships. Don't worry if you can't move ahead in a relationship as quickly as you would like to with your partner or would-be partner. Patience and kindness are the keys. You could be frustrated at how things are going but think of it like a test. Instead of arguing, find a solution.

ARE YOU IN LOVE WITH A **TAUREAN?** The good news is that they will be far more carefree and happy in 2016 than they have been for ages.

#### CAREER POTENTIAL:

September sees lucky Jupiter moving into your Daily Work Zone. So for 12 months afterwards, you have Lady Luck on your side when it comes to the daily running of your life and work duties.

For some, professional acclaim awaits. What you thought of as your daily grind could even become quite 'fun' during this cycle. 2016 is also a very good time to get serious about money. If you haven't ever done so, see a financial advisor or at least talk through your options with a personal banker.

THE BEST THING ABOUT 2016 FOR TAUREANS: You can have more fun than you have had in ages. Just be sure to make time for it!

#### MAKE A WISH IN 2016:

March 9, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "I deserve to have a ton of fun this year!"



you want the good news or the not-so good news? The good news is that you are being singled out to learn lots of really amazing lessons through your most important relationships in

2016. The not-so good news is that some of these lessons will be a real drag to learn.

You have Saturn in your Love Zone for all of 2016, which means you and your partner or ex have to work through your issues. It's negotiate or bust. You'll be rewarded with a much happier and more stable love-life, assuming you're willing to put in the hard yards now.

The pressure will be alleviated in September when fun-loving Jupiter arrives in your Romance Zone. You still have to work hard on your relationships (including work ones!) but you should start to enjoy the process more.

ARE YOU IN LOVE WITH A
GEMINI? You could be their
greatest teacher this year.
Try not to be too demanding,
though. They are under a
lot of pressure.

career Potential: One thing is for sure, you can succeed in 2016. You have amazing work stars right now. The cosmic forces are giving you the energy needed to slave away, relentlessly throughout the year. Plus they are giving you what you need to find you dream job. Perhaps the two will be connected?

Your hard work in 2016 really can lead to you landing your ideal position. So seriously, don't be afraid to push yourself, even if you feel exhausted at times. It will be worth the effort – eventually.

THE BEST THING ABOUT 2016 FOR GEMINIS: You are going to come out of 2016 older, of course, but also much wiser. Pay attention to the life lessons you're getting.

#### MAKE A WISH IN 2016:

April 7, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "The hard work I am doing is leading me to stability and success!"





#### LOVE AND RELATIONSHIPS:

Pining after an ex? The start of the year could bring them back. If not, it may be time for you to move on. The start of the year sees Mercury reversing in your Love Zone. Thus it's also the ideal time for you to renegotiate the rules of your relationship with your partner (or your ex, if you're still in touch).

Overall, this is a turnaround year for you and all your most important relationships. Pluto in your Love Zone is giving you very powerful experiences in all your relationships (personal and professional). Have you noticed?

Happily, whatever happens with other people this year should be more good-powerful than challenging-powerful. You are being given a break. March and June in particular should show you how far you have come in terms of relating to other people. Don't underestimate how important that is.

ARE YOU IN LOVE WITH A CANCERIAN? You will be happy to hear that your beloved Cancerian is way less likely to fly off the handle with you (or anyone else) this year.

CAREER POTENTIAL: It must be said, the stars are shining brightly on you in 2016. After a tricky few years, it's safe to declare that professionally, things are very much on the up. The work wheel of fortune is spinning in your favour.

The key to making the most of the heavenly energies this year is to do thing differently. Forget about the past – what works for you now could be totally different to what worked for you before. Working solo or digitally is highly recommended, too.

THE BEST THING ABOUT 2016 FOR CANCERIANS: The upsets and dramas of the past few years are over and done with. 2016 should be a much easier and potentially more successful ride.

#### MAKE A WISH IN 2016:

May 7, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "Every day in every way my life is getting better and better!" ▶



#### LOVE AND RELATIONSHIPS: It's

a big year for you romantically, mainly because August brings a Full Moon eclipse in your Love Zone and serious Saturn is in your Romance Zone. If things are not going well for you romantically, you have two choices: either you make more of an effort or you let go and move on.

If you're single and wishing you weren't, thanks to the eclipse you could easily find someone who feels very right. Forget about what has happened in the past and think about what you want now. Happily attached? The eclipse can make things even better between you and your beloved.

If you're having troubles in your love-life or other important relationship, use January to August to work on your self-esteem. The more highly you rate yourself, the more highly other people will rate you too.

#### ARE YOU IN LOVE WITH A LEO?

They are going to need more encouragement than usual to get out and enjoy themselves in 2016 – be that encouragement!

**CAREER POTENTIAL:** Most of the tensions and dramas that have plagued your working life in the past few years are done with. There are fewer cosmic forces seemingly working against you.

The way for you to succeed at work now is to do work which you can feel totally good about. The more integrity you have, the more success will follow. When there are issues, the key is to look for a win/win outcome. You can be a power player. Work on any paranoiac tendencies at work though!

THE BEST THING ABOUT 2016 FOR LEOS: You have awesome stars for earning lots of money this year. It might not buy happiness, but it can buy nice holidays!

#### MAKE A WISH IN 2016:

June 5, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "I make time to do things I love with people I love because I'm worth it!"

## Villa O AUGUST 24 - SEPTEMBER 23

**LOVE AND RELATIONSHIPS: The** planet of good fortune and good times, Jupiter, stays in Virgo until September. So you're lucky in love as much as anything else, as long as you don't just assume everything is going to be fine. Don't be complacent – it's very important! You have eclipse energy in your Love Zone this year, so emotionally things will sometimes be very touchy. Put the work into your relationships (personal and professional), if you value them.

Single? You'll have more options than usual and it will be easier to move on from the past. Single or attached, the most important thing to remember is this: relationships are great, but right now Virgos will find more happiness and fulfilment by standing on their own two feet than in being co-dependent.

Don't lose yourself in your relationships, no matter how important they are!

**ARE YOU IN LOVE WITH A VIRGO?** This is a very healing time for Virgos. Be sure that you do what you can to help

them to recover from any past emotional hurts.

CAREER POTENTIAL: With happy-go-lucky Jupiter in Virgo for much of 2016, you could be more interested in having fun than working a lot of the time this year. If that's the case, go with it! Virgos are renowned for worrying too much and working too hard. This year, you are allowed some time off for good behaviour so take advantage.

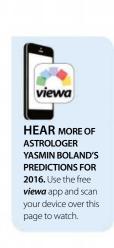
If you feel like you need to rethink your working life or even your overall career direction, January, late April to late May and September are all really good times for it.

THE BEST THING ABOUT 2016 FOR VIRGOS: It's a very intense year for you but if you live it well, you could change your life in ways that make you very happy.

#### MAKE A WISH IN 2016:

July 4, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "I deserve to have fun!"







#### LOVE AND RELATIONSHIPS: The

March Full Moon eclipse in your sign means you have the energies needed to totally change your life, including your love-life. If things are not working for you romantically, use this year as a make or break time. You can't be with the right person if you're with the wrong person!

Overall, Librans have the chance to be happy with someone very different to their previous partners. You want excitement too, so woe betide any Libra lovers who are too staid.

By September, Jupiter's arrival in your sign means you're luckier all round, including luckier in love. If you're single and looking, someone from overseas could be extra good for you now, so cast your net wide! Coupled? It's still up and down – avoid trying to control your beloved for best results.

**ARE YOU IN LOVE WITH A LIBRAN?** They'll be especially open to seduction and romance in April. Overall,

what they want in love right now is excitement.

CAREER POTENTIAL: The end of June to the end of July are the times for you to really focus on your work. Think about what is and isn't working and make some plans for the 12 months ahead at that time. If you're not feeling too confident about your working life, the middle of the year is also the time to do whatever's needed to boost your confidence.

A lot of your year will be spent with work on your mind. Making long-term professional plans is highly recommended in 2016.

THE BEST THING ABOUT 2016 FOR LIBRAS: The March 23 eclipse means you can change any part of your life you want to – just let go of the past first.

#### MAKE A WISH IN 2016:

August 3, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "I am free to be me and I have luck on my side!"

## Scorpio OCTOBER 24 - NOVEMBER 22

#### **LOVE AND RELATIONSHIPS:**

After the battering many of you took in the past few years, the good news is that your life should be happier and lighter now. If you're single, will that translate into you meeting 'the one'? Well it certainly could. You're far more likely to meet the right person when you're feeling good about life, right?

Attached? Love looks good and on top of that, you also have fun Jupiter in your Friends Zone for most of 2016, so it looks like there are going to be plenty of chances for you to get out and socialise.

The one thing that could really stand in your way relationship-wise this coming year is Saturn who is in your Self-Esteem Zone. He can strengthen your self-belief or he can make it doubt yourself. You need to be on guard. Self-love is underrated.

ARE YOU IN LOVE WITH A SCORPIO? The way to their heart is being their friend in 2016. Take them out to party and then pounce.

#### **CAREER POTENTIAL: With**

chaotic Uranus in your Daily Work Zone, 2016 will still be potentially very up and down for you workwise. The best thing you can do is not sit tight but rather just let go. Release! Go with the flow. Remember, on one level at least, your Higher Self wants you to learn with a daily life that is a bit all over the place. It's reminding you that as nice as it might be to have everything under control, well, that ain't never gonna happen for real!

THE BEST THING ABOUT 2016 FOR SCORPIO: January to August is super social so get out and have fun. Then September to December allows you to get more spiritual. Just say 'Ommm!'

#### MAKE A WISH IN 2016:

September 1, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "I know what I want..." ►



#### **LOVE AND RELATIONSHIPS:**

I'm not going to kid you
Sagittarius, you have the
tedious planet Saturn in your
Love Zone all year long. So your
love-life could be a bit of a drag
this year. You and your partner
or ex have a lot of lessons to
learn from each other. The tests
you go through will show you
how serious you are about your
commitment to each other in
a 'what doesn't destroy me
makes me stronger' kind of way.

If that sounds tough, well, it might be. However, all the signs go through this once every 30 years and right now it's your turn. See off discontent by making some long-term love plans with your partner. Single? Focus less on finding someone and more on your personal growth. If you do find love this year, chances are it will be long-lasting!

ARE YOU IN LOVE WITH A SAGITTARIUS? You need to be patient with them in 2016. They are going through a very intense cycle and might be a tad less super-fun than usual.

CAREER POTENTIAL: Saturn in your sign might be boring, but he can also be the making of you professionally. Use his presence to think about what you want for you career. What are your ambitions? Saturn can help make dreams real. However, you have to be very ready to put in a lot

The good news is that Jupiter, the good luck planet, spends most of 2016 in your Work Zone. So even if you have to work like a dog, there is a good chance you will enjoy it.

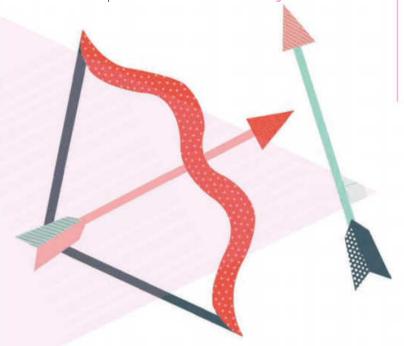
of hard work.

THE BEST THING ABOUT 2016 FOR SAGITTARIANS: believe it or not, having Saturn in your sign is an amazing blessing because it gives you a chance to get serious about what's important to you.

#### MAKE A WISH IN 2016:

October 1, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "The harder I work, the luckier I get!"





#### LOVE AND RELATIONSHIPS:

The good news for you and your partner or potential new partner is that you're going to be way easier to get along with in 2016 than you have been for ages.

You do still have Pluto in your sign which means you're still prone to losing your cool more than you'd like to, and probably more than you 'should'. However, this year Pluto is not under as much stress as he has been, which means you're not either. And that means you should find it easier to be a good lover, partner and/or ex.

If you know that your fears are stopping you from having the kind of love-life you dream of, use the presence of Saturn in your 12th House all year to face up to what worries you. Facing our fears often gets rid of them!

ARE YOU IN LOVE WITH A CAPRICORN? Your life is going to be much easier this year than it was last year. Capricorns are under way less stress in 2016.

**CAREER POTENTIAL:** You're

an ambitious sign at the best of times but 2016 could see you going into overdrive professionally. For one thing, late March brings a Full Moon eclipse in your Work Zone. This shines a spotlight on your career and what you want to do with it.

If something isn't working for you, this year you will likely let it go. Then in September, lucky Jupiter arrives in your Career Zone for the first time in over a decade. Your options are about to widen rather dramatically.

THE BEST THING ABOUT 2016 FOR CAPRICORNS: We won't say 'don't work too hard' because Cappies usually do – but at least in 2016 you should also really enjoy it!

#### MAKE A WISH IN 2016:

October 31, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "Things are really going my way...!"

## Aquatius JANUARY 21 - FEBRUARY 19

#### **LOVE AND RELATIONSHIPS: It's**

a big year for you with an eclipse in your sign in August. When it comes to love and relationships, you need to spend the lead-up to August (yes, all year!) letting go of the past, letting go of what no longer works for you, releasing without regret.

If you're in a happy relationship, chances are good (though there are no guarantees!) that the status quo won't change all that much. However if you're attached and miserable, you have work to do. Begin to focus on what you want from your partner. Definitely avoid focusing on the flaws.

If you suspect it's time for you and your partner to part ways, then this is the year to do it – however, be warned that doors which you slam closed when you have eclipse energy around rarely open again!

ARE YOU IN LOVE WITH AN AQUARIAN? This is the year to allow them to evolve. Don't see them as they 'have always been'. Accept that they're a work in progress.

**CAREER POTENTIAL:** You may well have spent many of the past few years working very hard or feeling quite put-upon by the demands of your career.

Happily, that cycle is now over. However, what you might need to do is fall in love with your job again. If you went through a lot of stress regarding your professional life, try to deal with it, process it and see where it took you.

Everything happens for a reason! Try to take a 'middle ground' approach to your career this year.

THE BEST THING ABOUT 2016 FOR AQUARIANS: You have great Stars for anything to do with travel, study, the internet and/or publishing. Anything you do in these areas is well-starred.

#### MAKE A WISH IN 2016:

November 29, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "I spend time with people who make me feel secure..."





FEBRUARY 20 - MARCH 20

#### LOVE AND RELATIONSHIPS:

Here's a funny thing; on the one hand you have the best love stars you have had in over a decade. This is thanks to lucky Jupiter being in your Love Zone for most of 2016. However you also stand to gain a lot by becoming truly independent and standing on your own two feet.

So your love-life challenge in 2016, should you choose to accept it, is to be a wonderful partner to someone while still totally retaining your sense of who you are. The minute you become a simpering co-dependant is the minute you start to move away from happiness and fulfilment.

Another thing; to have a good love-life with Neptune still in your sign, you do need to be realistic about your expectations, and also about who your partner or potential partner really is.

#### ARE YOU IN LOVE WITH A

PISCEAN? A great year to be with a Piscean. They're easily, totally loved-up and yet are also able to function without you. How attractive is that?

CAREER POTENTIAL: You have a potentially amazing year ahead of you professionally. You have workhorse Saturn in your Career Zone throughout 2016. And while the mere mention of serious Saturn can strike fear into the hearts of many, Saturn certainly has a very positive side. Yes, you're under pressure, but if you work hard this year, you could reap long-term benefits. But if you laze around, watch out!

Ideally, harness Neptune in your sign and use your imagination to dream up your ideal job scenario, then follow up with serious Saturn-style strategising.

#### THE BEST THING ABOUT 2016

FOR PISCES: You have amazing relationship vibes (for friends, lovers, business partners, anyone) in the year ahead. Reach out to others.

#### MAKE A WISH IN 2016:

January 10, 2016 is your lucky New Moon for making wishes.

YOUR 2016 MANTRA: "I am loving, loveable and loved!" •



Have a few minutes to spare? Whip up one of these delicious smoothies to satisfy your tastebuds and sip your way to better health

asy and quick to prepare, these smoothies are also super healthy! Once you've gathered the easy-to-find ingredients, just pop them into a high-speed blender and you'll have a nutritious drink in minutes. **Created by Tess** Masters, the recipes appear in her book, The Blender Girl Smoothies. Each smoothie is gluten-free and vegan, and contains a powerhouse of nutrients to take your health to the next level.

#### POMEGRANATE SLAM IT!

"With a complex flavour that explodes like a firecracker (don't omit the cayenne), this is a heart-healthy delight. Pomegranate lowers blood pressure, keeps arteries supple, and helps manage cholesterol. Its phenolic antioxidants combat oxidative stress, making it an anti-ageing tonic."

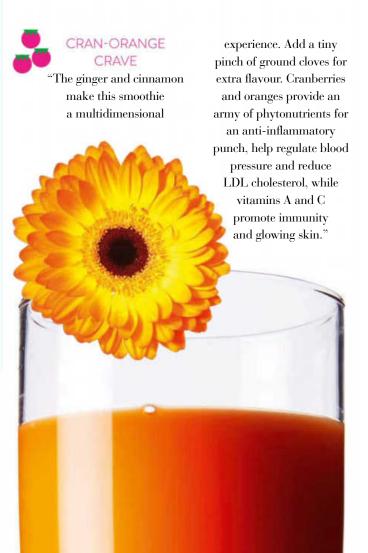


1½ cups (360ml)
unsweetened
pomegranate juice
1 cup (125g) ice cubes
1 orange, peeled, seeded,
and quartered
¼ cup (35g) chopped
red capsicum
½ cup (3g) loosely
packed rocket

½ small avocado, pitted and peeled 1 cup (160g) frozen strawberries OPTIONAL BOOSTERS 1 tablespoon pomegranate powder ½ cup (15g) loosely packed silverbeet leaves

 $\begin{array}{c} \textbf{pinch of cayenne pepper} \\ \textbf{SERVES} \ 2 \end{array}$ 

Nutritional facts per serve: cal 232 (kJ 971) | fat 6g | saturated fat 0g | sodium 23mg | carbs 45g | fibre 6g | sugars 37g | protein 2g | calcium 79mg | iron 0mg



1 cup (240ml) freshly squeezed orange juice 1 cup (240ml) water 2 medium oranges, peeled, seeded and quartered ½ small avocado, pitted and peeled 1/4 teaspoon finely grated orange zest 2 cups (240g) frozen cranberries 10 drops alcohol-free liquid stevia or 1 tablespoon pure maple syrup, plus more to taste **OPTIONAL BOOSTERS** 1 teaspoon minced ginger, plus more to taste 1/4 teaspoon ground cinnamon 1 tablespoon chia seeds SERVES 2

#### Nutritional facts per serve:

cal 255 (kJ 1067) | fat 5g | saturated fat 0g | sodium 12mg | carbohydrate 52g | fibre 11g | sugars 33g | protein 3g | calcium 94mg | iron 0mg ▶



#### MYSTICAL MANGO

"This delicious blend is fabulous for collagen formation and glowing skin, hair, and nails. Mango's enzymes and vitamins A, C and E cleanse the liver and aid digestion, and its fibre and potassium help regulate blood pressure and cholesterol."

1½ cups (360ml) freshly squeezed orange juice 1/2 cup (120ml) water, plus more as needed ½ medium avocado, pitted and peeled 1/2 teaspoon finely grated lime zest 1/8 teaspoon ground cardamom 2 cups (320g) frozen mango 1/2 cup (62g) ice cubes **OPTIONAL BOOSTERS** ½ teaspoon wheatgrass powder 1 teaspoon chia seeds 1 teaspoon flaxseed oil SERVES 2

Nutritional facts per serve: cal 260 (kJ 1088) | fat 8g | saturated fat 1g | sodium 10mg | carbohydrate 47g | fibre 6g | sugars 37g | protein 3g | calcium 47mg | iron 0mg





#### HONEYDEWY SKIN

"Vitamins A, C, and E in the melon encourage cell regeneration, and the mint and ginger settle the stomach and calm the nervous system."

½ cup (120ml) coconut
 water or water
 3½ cups (595g) chilled chopped
 honeydew melon
 2 tablespoons freshly squeezed
 lemon juice
 ½ cup (18g) firmly packed mint
 ½ small avocado, pitted and peeled
 pinch of natural salt, plus more to
 taste

10 drops alcohol-free liquid stevia, plus more to taste

1½ cups (190g) ice cubes
OPTIONAL BOOSTERS
1 teaspoon minced ginger
1 teaspoon flaxseed oil
½ teaspoon wheatgrass powder
SERVES 2

#### Nutritional facts, per serve:

cal 168 (kJ 703) | fat 5g | saturated fat 0g | sodium 138mg | carbohydrate 31g | fibre 5g | sugars 24g | protein 2g | calcium 35mg | iron 1mg



#### ALLERGIES BE GONE!

"This blend is surprisingly sweet and delicious, and the parsley is brilliant for alleviating inflammation and airborne allergies."



- 3/4 cup (180ml) coconut water or water
- ½ English cucumber, chopped
- 2 medium lemons, peeled and seeded
- 1 bunch flat-leaf parsley, chopped
- 2 cups (320g) frozen pineapple
- 5 drops alcohol-free liquid stevia, plus more to taste OPTIONAL
- BOOSTERS
- 1 teaspoon wheatgrass powder
- 1 teaspoon minced ginger
- 1/4 cup (30g) frozen raw cauliflower florets SERVES 2

#### **Nutritional facts per**

serve: cal 118 (kJ 494) | fat 0g | saturated fat 0g | sodium 24mg | carbohydrate 31g | fibre 5g | sugars 18g | protein 2g | calcium 91mg | iron 2mg



#### **ORANGE ECSTASY**

"A powerful immunity aid, carrots boost the production of white blood cells to keep the respiratory system infection-resistant. The phytonutrients in the orange juice and flesh are great for the skin, and the mint and turmeric boosts flavour."

- 1 cup (240ml) fresh carrot juice
- 1 cup (240ml) freshly squeezed orange juice
- 1 medium orange, peeled, seeded and quartered
- 1 cup (160g) frozen mango
- 1 cup (160g) frozen peaches
- OPTIONAL BOOSTERS
  1/4 cup (9g) firmly packed
  mint
- 1 teaspoon camu powder 1/8 teaspoon ground
- turmeric SERVES 2

#### Nutritional facts per serve:

cal 212 (kJ 887) | fat 1g | saturated fat 0g | sodium 79mg | carbohydrate 51g | fibre 5g | sugars 38g | protein 3g | calcium 81mg | iron 1mg

This is an extract from *The Blender Girl Smoothies* by Tess Masters (Ebury Press, \$24.99). ○





#### Encounter Travel (encountertravel.

**com.au)** is a singles-only tour agency based in Sydney which offers guided group tours to some of the most exotic parts of Australia, including Kakadu, Port Douglas and Kangaroo Island, as well as Vietnam, New Zealand, India and Croatia.

#### Solo Traveller (solotraveller.com.au)

is a Melbourne travel agency that puts single travellers onto group tours and cruises, with something for all budgets. Solo Traveller negotiates with a selected range of group tour operators to broker the best deal for single travellers, keeping the dreaded single supplement to a minimum.

#### On The Go Tours (onthegotours.com)

is an adventure travel operator which has several singles-only tours in its portfolio, to destinations such as India, Vietnam, Morocco and Peru. They have offices around the globe, including one in Brisbane.

**Exodus (exodustravels.com)**, the UK's original adventure travel operator, designates some of its most popular trips as Solo Departures, specifically for clients travelling alone. This includes such exotic journeys as a cycling tour in Cuba, a walk along Italy's Amalfi Coast, a week in Jordan and the highlights of Northern India. In Australia Exodus operates from an office in Melbourne's city centre.

From a walking and cultural tour in Japan to

a cycling tour in Croatia,

to a guided tour in Egypt,

single travellers have

made up at least half of

total numbers on every

group trip I've done in

The travel industry

specialist travel operators

the past five years.

is catching on and a

growing number of

now organise tours

exclusively for singles.





#### BEATING THE SINGLE SUPPLEMENT

Is there any other phrase that kills the enthusiasm for solo travel quite like the words 'single supplement'? Most group travel operators offer to pair singles together to dodge the single supplement, but there are also ways you can have a room to call your own without the charge.

On its Holidays for Singles web page, Trafalgar (trafalgar.com) offers discounts of up to 100 per cent on its normal singles supplement for selected European tours.

River cruise operators often find themselves with cabins that are likely to be empty in the hard-tofill shoulder season, and there are some great river-cruise bargains for singles in Europe.

Boutique operator Uniworld (uniworld.com), which specialises

in upmarket river cruises in Europe, Vietnam and Cambodia, Russia, India and Egypt, regularly waives the singles supplement, even on some prime-time departures. Visit the website and click on Offers for details.

Hurtigruten (hurtigruten.com), which operates a fabulous cruise along the Norwegian coast as well as expeditionary cruises to Iceland and Greenland, usually has special deals that allow solo travellers to cruise during the less busy, cooler months without a single supplement.

Even on ocean cruises there are deals to be had for singles who want to dodge the single supplement and are prepared to travel in shoulder season, or who might travel aboard

exploratory cruises pioneering fresh destinations. France-based Ponant operates small but luxurious expeditionary vessels that take travellers into wilder realms as well as around the fleshpots of the Mediterranean and the Caribbean, and they frequently offer cabins with no single supplement.

Cruise specialist travel agencies such as Cruiseabout (cruiseabout. com.au) and Cruise Express (cruiseexpress.com.au), which has a dedicated Your Solo Zone page, are promising places to start looking. If you're able to travel at short notice, ask about late-breaking specials. When cruise time approaches and a vessel finds itself with empty cabins, expect a fire sale.

## Several operators also specialise in women-only tours, and the best bring creativity and imagination to their task with themes that range from classical music tours to

themes that range from classical music tours to shopping, food and yoga to hardcore adventure. Within Australia the list of leading women-only tour operators includes:

\* Adventurous Women

(adventurouswomen.com.au)

\* Women's Own Adventure

(womensownadventure.com.au)

\* Travelling Divas

(travellingdivas.com.au)

\* Girls on Tour (girlsontour.com.au)

\* Sisterhood Women's Travel

(sisterhoodwomenstravel.com.au)

#### HELPFUL RESOURCES



Journeywoman (journeywoman.com) is an online magazine dedicated to women travellers and it's slick, sleek and jam-packed with female-friendly guides, articles, suggestions and travel classifieds. From how to handle yourself alone in a Parisienne cafe to pedicure kits for hikes in Costa Rica, this is a mine of great advice.

Women on the Road (women-on-the-road.com) is essentially a travel blog written by a footloose 40-something who chucked it all in for a wanderer's life, and there's plenty here to inspire and emulate.

Transitions Abroad (transitionsabroad.com) is another online resource, with tales from women travellers of their experiences around the world, from working on a community self-help project in Mexico to life on an Israeli kibbutz to tips on how solo women can travel safely in India.

Nomadic Chick (nomadicchick.com) is another slice-of-life road blog with heaps of useful websites, especially for those looking to travel longer and cheaper.





— RECIPES TESTED BY US, TRUSTED BY YOU —

FOODTOLOVE.COM.AU





Iceland is suddenly the

coolest place on the planet. The tiny, chilly isle is making waves, and not just for its dramatic volcanic landscape but also for its artsy inclinations. There's fashion designer Magnea Einarsdóttir, founder of Reykjavikbased fashion studio Magnea, Fred Olafsson, whose Secret Solstice festival is held during a 72-hour period of non-stop daylight, and graffiti artist Geoffrey Skywalker, whose surreal works can been seen throughout Reykjavik. The best route is via London; flights from

most other European

capitals cost a bomb.



#### INSIDER TIP

'End-on-end ticketing' is travel agent-speak, and it could see you bag a bargain on a long-haul flight. It means making multiple, sector-by-sector airline bookings rather than just one return fare, with the aim of getting a lower price. For example, if you're travelling from Melbourne to Paris, it may be cheaper to buy a return Melbourne-Singapore ticket and another return Singapore-Paris ticket.



Khlong Bang Luang artist village was one of my discoveries on a recent trip to Bangkok. Centrepiece of the village is Baan Sinlapin (Artist's House), a century-

old teak house built around a stone stupa. It has multiple functions – art gallery, studio, café and workshop. And each day, except Wednesdays, there's a wonderful puppet show.



#### **PUTTING ON THE GLITZ**

Baz Luhrmann is bringing his own special brand of razzle-dazzle to Miami's Saxony Hotel, re-opening at the end of 2015. When it debuted in 1948, the luxury resort hotel set a new trend for Miami, and Luhrmann's lavish makeover will see the hotel rebirthed as the Faena Hotel Miami Beach, complete with a cabaret theatre.



#### FOR THE ART LOVER'S DIARY

The Andy Warhol/Ai Weiwei show on at the National Gallery of Victoria will be the summer arts blockbuster. Ai Weiwei's last big show drew the crowds at London's Royal Academy of Arts with a not-so-subtle poke in the ribs of the Chinese government, and the Melbourne event promises to be just as provocative. From December 11 until April 24. ngv.vic.gov.au



**Italian** Stories. This is a website that puts you in touch with artisans and craftworkers in traditional industries throughout Italy for a fascinating insight that not too many travellers get to see. It might be a visit to a goldsmith in Florence, a craftsman who makes oars for gondolas in Venice or a workshop in Tuscany that turns out scagliola, the lustrous, ornamental stonework that imitates fine marble. **italianstories.it** 

## ask the experts

YOUR QUESTIONS ANSWERED BY THOSE IN THE KNOW...



**Dr Penny Adams** IS A GP WITH SPECIAL INTERESTS IN WOMEN'S AND ADOLESCENT HEALTH AND PREVENTATIVE MEDICINE





Q. I am a 62-year-old woman with an underactive thyroid that has been stabilised long-term on medication. About 18 months ago, I started to lose my hair. My doctor says that my thyroid blood tests are normal but that hair loss is just part of the illness. What are my options?

Mhile hair loss is definitely a symptom of both under- and overactive thyroid disease, usually the hair growth returns to normal once the thyroid blood tests are back in the normal range. It would be worthwhile asking your GP to check for other causes of hair loss such as low iron. If these tests are normal, get a referral to a specialist dermatologist.



A Fungal nail infections, medically known as onychomycosis, are a very common condition, especially in these days of nail spas, where basins for soaking feet are often not disinfected adequately. Antifungal creams and gels usually don't work. Your pharmacist can give you a paint that you apply to the nails after filing the surface of them. This has variable success. The best treatment is an oral antifungal prescription medication that must be taken once daily for three months. In a small percentage of patients, this medication can affect the liver so it should be checked before starting treatment and halfway through.

Does eating seeds and nuts increase the risk of diverticulitis or is this an old wives' tale?

Consumption of seeds and nuts does not increase the risk of diverticulitis or diverticular bleeding. However, these bowel problems are increased by a diet low in fibre and high in total fat or red meat. Other risk factors include obesity and smoking. A high-fibre diet and vigorous physical activity may decrease the risk of attacks of diverticulitis.



My 18-year-old daughter has developed big white patches on the skin on her arms, legs and body. She even has a patch in her mouth. What causes this?

⚠ This sounds like a condition called vitiligo, where the pigment cells in parts of the skin stop producing melanin, which gives our skin its colour. The cause of vitiligo is unknown. It tends to run in families and is thought to be an automimmune disease where your own body makes antibodies that attack your pigment cells. It often occurs with other autoimmune diseases like thyroid disease so it is worth having a blood test to check. There is no cure for vitiligo but many different treatments are available including tanning agents, light therapy and steroid creams. Another option is to bleach the normal skin to match the white skin. Your daughter should be referred to a specialist dermatologist to confirm the diagnosis, exclude other causes of pigment loss such as fungal infections, and to discuss treatment options. People with vitiligo are often very

self-conscious about their

condition and sometimes

may need counselling to deal with this.



Jennifer Garth
IS A PSYCHOLOGIST AND AUTHOR WITH
YEARS OF EXPERIENCE HELPING PEOPLE
TO REACH THEIR FULL POTENTIAL IN LIFE.





A Emotion-focused therapy (EFT) is an evidence-based approach that helps you accept, express and transform emotions that have been feared and avoided and have been holding you back. In therapy you begin to identify and access healthy emotions that can be trusted and relied on and use these emotions as resources for change and as a quide to healthier relationships.

It is a very effective form of therapy, especially for those who have experienced emotional and physical abandonment and childhood trauma.

#### O. My partner is depressed and won't get help. What can I do?

- A Your partner could be in denial about his illness, or feeling threatened by how he is feeling, and that's why he is refusing to get help. You can get around the problem by trying the following:
- Focus on the problems your partner talks about and suggest he get help for those specific issues. For example, he may feel less threatened to talk to a psychologist about sleep problems rather than his pervasive sadness. Start small and work from there.
- Suggest he sees his GP.
  It's often easier to persuade someone to talk to their GP than to see a psychologist.
  A GP can diagnose depression, prescribe medication and encourage your partner to see a mental health professional.
- Share your vulnerability. If you have ever received help for an emotional problem, tell your partner about it. This will help reduce his shame, which is often a contributing factor to denial.



I love my fiancé but he can be very negative. When I mention how he makes me feel he takes it personally and says if I don't like it, I should leave. I'm having doubts about our future together.

A Judging by your partner's response it seems he feels he's being attacked as a whole person, not just one aspect of his behaviour. It could be that this problem is a communication issue rather than a relationship problem, and it can be resolved with some active listening skills and choosing your words like, 'I' not 'you' and 'prefer' not 'should'. Good communication can help defuse the situation before either side resorts to ultimatums.



#### I KNOW I NEED TO TALK TO MY TEEN ABOUT SEX BUT I FEEL UNCOMFORTABLE. WHAT'S THE BEST APPROACH?

Being honest and open is your best start. At first you will feel awkward and unsure, but you will become more confident with time and practice. It helps if you're prepared. Start by deciding on what values and messages you want to communicate. Be informed about current sexual issues such as STIs, healthy relationships and sexting. And don't be put off if your teen has different views to your own. Remember, the goal is to be able to talk openly about the topic.



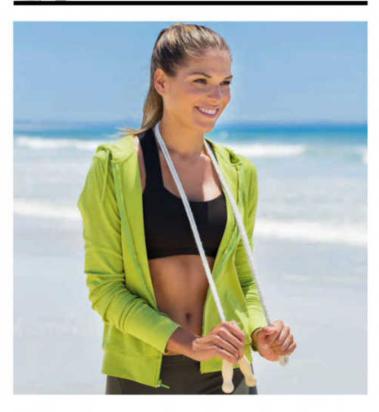
## <u>ask the experts</u>

YOUR QUESTIONS ANSWERED BY THOSE IN THE KNOW...



#### Heidi Lindahl

IS A PERSONAL TRAINER WHO SPECIALISES IN HELPING CLIENTS STRIKE A BALANCE BETWEEN LIFESTYLE AND TRAINING.



#### Q. Do I really need to stretch?

Mhen exercising, muscles are constantly contracting over and over again, leading to temporary shortening and tightening of the muscles. Stretching helps to elongate the muscles and aims to stretch them back closer to their original state so they are ready to perform once again in a more supple state. This also prevents injury. So yes, you do need to stretch!



#### What is the best way to work the back muscles?

♠ Targeting the back muscles requires some form of rowing or pulling movement, such as seated rows, lat pulldowns, or chin-ups. A common mistake when executing these movements is when the biceps take on too much of the workload. This may occur when the weight is too heavy or when you're not aware of how to engage the back. To encourage more back recruitment and less bicep activation, try to think of your forearms and hands as the attachment to the weight and focus on rowing back/pulling down, leading with the elbows, while bringing the shoulder blades in towards each other.



# I HAVE A GYM CLOSE TO WHERE I WORK BUT ONLY HAVE 20 TO 25 MINUTES TO WORK OUT DUE TO A SHORT LUNCH BREAK. HOW CAN I MAKE THE MOST OF THIS TIME?

- Mere are a few options to try. But please use these workouts as a guide and work to your fitness ability.
- 1. 1km row followed by a 1km run + 800m row followed by an 800m run + 400m row and a 400m run.
- 2. 1 min skip + 50 squats, 40 step-ups, 30 rows (using a cable machine or barbell), 20 push-ups (on knees if necessary), 10 burpees (if these are too difficult, replace with squat jumps), followed by 1 min skip. Repeat 3 times. Alternatively choose your own five exercises and complete in the same sequence.
- **3.** Aim to cycle 10km in under 25 minutes including at least 5 sprint intervals that go for a minimum of 20 seconds each.

## My lower back is sore for days after I do deadlifts. Is this normal?

A The aim of the deadlift is to work the posterior part of the body – mainly from the hamstrings through to the glutes and lower back – so it is normal to feel a little tender in these areas a day or two after doing them, particularly if it's been a while since you last did deadlifts. However, if you have pain in the lower back while you are executing this exercise or every time afterwards, then you may be lifting too much weight or not doing it properly.

I recommend having a trainer look at your technique. If this is not an option, be sure to keep your chest up as you lower the bar towards the floor, knees slightly bent, before using your hamstrings and glutes to bring the weight back up into the starting position.



#### Vanessa Schuldt

IS AN ACCREDITED PRACTISING DIETITIAN (APD) AND NUTRITIONIST, AND CREATOR OF NUTRITION SPEAK.



### MY MUM HAS BEEN DIAGNOSED WITH AGE-RELATED MACULAR DEGENERATION (AMD). CAN EATING CERTAIN FOODS HELP?

Progression of AMD can potentially be delayed by eating a diet rich in antioxidant vitamins such as vitamins C and E, as well as zinc and carotenoids like lutein, zeaxanthin and betacarotene. Encourage your mum to boost her diet naturally with these foods and to have a chat about it with her eye doctor:

#### Kiwi fruit, berries and citrus

vitamin C heroes. Aim for two daily serves of fruit.

**Avocado** vitamin E winner. Add to sandwiches and salads.

**Oysters and red meat** zinc champions. Eat red meat 3-4 times weekly.

**Eggs** yolks have lutein and zeaxanthin. Enjoy up to six eggs weekly.

**Green leafy vegetables** like kale, spinach, broccoli; green beans, peas and corn for lutein and zeaxanthin.

**Orange vegetables** like carrots, sweet potato and pumpkin – beta-carotene kings. Strive for 5 vegetable serves daily.



#### My New Year's resolution is to lose 10kg. Do you have any suggestions?

Losing 10kg may seem like a daunting task, so try breaking your resolution into a more manageable goal, such as aiming to lose up to 0.5kg each week. The formula for long-term weight-loss success is to set achievable goals and make small, gradual changes.

So try committing to two to three dietary changes per week. Write these down and display them prominently on the fridge. Changes you could try include:

- \* Reduce portion sizes by eating from small plates and bowls.
- ★ Eat a high-fibre breakfast every morning (and never skip it).
- \* Enjoy five serves of vegetables every day, spread across lunch and dinner.
- \* Limit mid-meal snacks to 600kJ.

Make it your mission to turn those weekly commitments into lifelong habits that you enjoy.

#### Q. I had a severe bout of gastro recently and now my digestion is out of sorts. What can help?

**A** Gastroenteritis can disrupt the balance of 'good' and 'bad' bacteria in your gastrointestinal tract. So make probiotics (live strains of good bacteria) a regular part of your diet. Enjoy yoghurt daily and try eating some fermented foods too. German sauerkraut, kimchi (a Korean cabbage dish) and kefir (a fermented drink that resembles drinking yoghurt) are examples. Fermented foods help to improve the balance of good bacteria in the gut, thanks to the probiotics they contain.

Your sluggish bowel habits may benefit from some extra fibre, too. Set your sights on a daily fibre target of 25-30g by eating five serves of vegetables/ legumes, two serves of fruits and four (or more) serves of high-fibre breads and cereals each day. Drink plenty of water as well.



I'm being treated for depression. Will changing my diet help?

While certain foods or diets may not rid a person of depression, there's mounting evidence a healthy diet may help as part of an overall treatment plan.

Studies show the brain is at risk of free radical damage, but this can be reduced by eating antioxidant-rich foods. So aim to eat five serves of vegetables and two of fruit every day, as well as wholegrains, nuts and legumes. Having low levels of omega-3s may contribute to depression, so go for two to three serves of fish weekly.

Alcohol can interfere with mood, so it's best avoided, or have no more than two standard drinks a day. Research also shows frequent fast food consumers are 51 per cent more likely to develop depression. Try getting back to basics with a wide variety of whole foods as part of your management for depression.

See an accredited practising dietitian if you need help to get on track.

#### **HAVE YOUR QUESTIONS ANSWERED!**

If you would like to have one of our experts answer your questions, email them to **health@bauer-media.com.au.** Your questions will be forwarded to the relevant expert, whose answer will appear in a future issue of *Good Health*. No personal correspondence will be entered into by any of our experts.

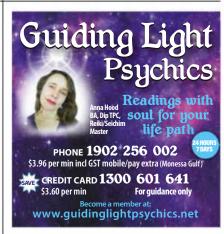






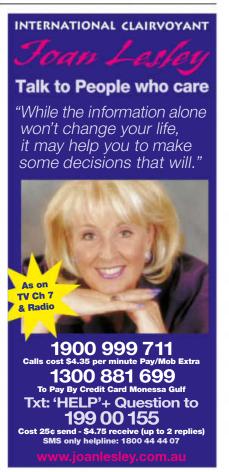




















## CAPRICORN

DECEMBER 22 – JANUARY 20

You are most definitely in the cosmic spotlight. The New Moon is in your sign this month, which is already a good thing. It means you can start over in any part of your life that you so choose. What do you want to do differently compared to the way you did things last year?

Meanwhile, Mercury is reversing in Capricorn. This echoes the idea that you can start over. It's really a restart month for you, and it has nothing to do with the fact that it's January. Go for it.

#### **AQUARIUS**

JANUARY 21 – FEBRUARY 19

It's time for you to have another think about what scares you. Why? Because the more you think about it and work out where the fear comes from, the more likely you are to see the fear off. Fears are like scaredy-cats. When we look them in the eye, they often run in the opposite direction. Do the emotional work now and the coming years will be much kinder to you.

Overall, it's a month to lay low. If you feel the need for some time out, now is the time to book in that holiday.

#### **PISCES**

FEBRUARY 20 - MARCH 20

This month brings you the chance to catch up with old friends you haven't seen in a while or even to make up with someone you fell out with. As you move into 2016, keep in mind the astro-fact that it could potentially be one of the best years of your life, thanks to having Jupiter so strong in your chart right now.

So what do you want? The sooner you can decide that, the sooner the Universe can deliver it to you. And the more you 'choose love', the better.

#### ARIES

MARCH 21 – APRIL 20

If you're one of the Aries who is giving their professional life a do-over, you have excellent stars this month, so don't stop! Mercury going backwards in your Career Zone suggests you can rethink your plans or revisit an old idea (or even an old company) or somehow get a second chance, maybe at a second career. Use it or lose it!

On top of that, you have the New Moon in the same part of your chart. The Universe really wants you to make professional tracks, so chase your work dreams.

#### **TAURUS**

APRIL 21 – MAY 21

Your travel plans might be up in the air this month, and/or a trip away might go a tad haywire, but don't panic. Travel always broadens the mind and never more so than for you right now. The best bet is to make allowances in your itinerary for unexpected twists and turns. In other news, if you want to do some study in the year ahead, the skies support you – so sign up now!

Financially, the first 10 days of the month are ideal for making an important, long-lasting commitment.
Seal the deal!

#### **GEMINI**

MAY 22 - JUNE 22

It's time for you to have a rethink about your sex life, if you don't mind me saying.
The New Moon and Mercury retrograde are hitting your
Sex Zone. If your life is slightly – shall we say – sexless, is that how you want it to continue?

If not, now's the time to consider your options. A new cycle can start here. You just have to want it and to do something about it.

If your sex life is fine but your finances need work, January's energies support that too.

#### **CANCER**

JUNE 23 – JULY 23

The New Moon in your Love Zone coupled with other January planetary action has a clear message: relationships don't have to stay the same. If you want your love relationship to be different, write a list of what you want to create for yourself. Letting the Universe, your partner (or your ex) know what you want is always a good start. With Pluto in your Love Zone, you have the power to transform the way you relate to other people and in doing so, to transform pretty much your entire life.

#### LE<sub>0</sub>

JULY 24 – AUGUST 23

Your working life is in focus. What better time to work out what you want from your daily life in the coming year. Think about what you would like to fill your days with – be realistic in terms of what is actually possible. You could really find things go the way you want them to, if you take action now.

If you want to start the year being healthier, you also have great stars for that. Doing a post-Christmas detox could work wonders for your health and your waistline, if needed!

#### **VIRGO**

AUGUST 24 - SEPTEMBER 23

You might have countless duties and family obligations or annoying flatmates or other things in your personal life which seem to have been sent to test you – and guess what, they have. But there is respite in sight this month.

January challenges you to have another think about how incredibly important it is to have fun. It's good for your health! Being a Virgo means being a conscientious creature most of the time, but you can afford to let your hair down this month. Live a little!

#### LIBRA

SEPTEMBER 24 – OCTOBER 23

Life at home might be topsy-turvy, but you're in a cycle where you can revolutionise the way you relate to the person/people you live with and/or to your family members. The thing to do is use your charm. They might be very volatile, but can they resist you when you sweet-talk them? Talking things through can help release tensions and bring solutions.

Is everything at home sweet? Use the month of January to declutter your life. It'll supercharge your year. Don't wait until spring to do this!

#### **SCORPIO**

OCTOBER 24 – NOVEMBER 22

I'm not going to kid you – January could be a rather confusing month! The reason being, you have communications planet Mercury going backwards in your Communications Zone. Every time Mercury reverses, one sign gets this, and this time around it's you.

It can be discombobulating. It's basically a double whammy of potential weirdness. The way to get through it is to keep your sense of humour. Laugh out loud as much as you can when things are getting ridiculous. Learning to keep things lighter could serve you well later.

#### **SAGITTARIUS**

NOVEMBER 23 - DECEMBER 21

With serious Saturn and abundant Venus in your sign, January is definitely the time to get serious about money. Life might seem rather relentless and tiring at the moment, thanks to Saturn, but if you use the current energies the right way, you'll be setting yourself up for a more stable future.

Give your financial set-up some more thought. What needs changing? You can change the structures of your life. And PS, this month could also be lusciously romantic – make the most of Venus's Sadge sojourn.

## HSIDER ESSENTIAL

#### **GIAAN ROONEY**

The TV presenter and former Olympic swimmer shares her favourite things.



in the park with my son Zander, who is 18 months old, is a release for both of us. My three-legged rescue dog, Lester, also encourages me to exercise.

#### Probiotics.

I suffer from asthma, allergies and hayfever. I did my research and loved what I discovered about how probiotics can help, which is why I'm an ambassador for Life Space **Broad Spectrum** Probiotics.



Acupuncture. I've had great success with traditional Chinese acupuncture. I had fortnightly sessions when I swam competitively to help with body maintenance.



#### WORLD **TENNIS** CHALLENGE

If you just can't get enough tennis this month, head to Memorial Drive Park in Adelaide to watch legends of the game play alongside current stars. Held over three nights, the exhibition tournament line-up includes Mark Philippoussis and Thanasi Kokkinakis. From January 12-14, for tickets go to worldtennis challenge.com.



### **ENTERTAIN**

#### Moonlight

#### **Cinema**

Make the most of the balmy summer nights and see a movie under the stars! **Happening** around the country, the Moonlight Cinema program includes new releases and timeless classics, and food trucks and bars will be at every location. And if you want to ensure a prime viewing spot you can upgrade your ticket and enjoy a reserved bean bed and waiter service. moonlight. com.au



to design affordable exercise gear for women of all shapes and sizes. The right gear can help motivate you to work out more.



Sleep. I believe in the restorative powers of sleep. My ability to sleep anywhere at any time has helped me throughout my life. Strangely, if I'm stressed I sleep better and wake with a clearer idea of how to fix the issue.

Giaan is the Channel 7 afternoon news sports presenter in Brisbane. The latest range of Giaan by Spalding activewear will launch this month in Target stores.



So Grenchy So Chic This festival is a must for lovers of French food, culture and music. Order a gourmet hamper, set up a picnic in the park, and watch performances by some of France's most popular contemporary musicians. Tickets to the Melbourne and Sydney events are available at sofrenchysochic.com.au.



#### COMPETE

#### The Great Sydney Swim

Take the plunge and enjoy an Australia Day swim alongside Sydney Opera House and the Royal Botanic Gardens. The Sydney swim, held at Farm Cove, is the final event in the Great Australian Swim Series and includes races for seasoned competitors as well as first-timers. There are also prizes to be won in each category. Register at greataustralianswimseries.com.au.





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